Nutrition Information

Good source of dietary fiber and vitamin C.

Excellent source of vitamin C & Fiber.

Good source of fiber, potassium and magnesium, excellent source of vitamin A & C.

Peaches are a tasty treat with modest calories, a good source of potassium, vitamins A & C, low sodium, no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

Cooking with KIDS!

at the Rutherford County Farmers’ Market

Tuesday, July 12th
9:00am

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What is EFNEP?
The Expanded Food and Nutrition Education Program is sponsored by University of Tennessee and Tennessee State University. We work with families living on limited resources and help them learn the knowledge, skills, attitudes and behavior changes that will help them develop nutritionally sound diets.

We help families:
• Learn to make food choices to improve nutritional quality of the meals they serve their families
• Increase their ability to select and purchase foods that meet the nutritional needs of their family
• Gain new skills in food production, preparation, storage, safety, and sanitation
• Learn to better manage their food budgets.
"Sunshine" Pancakes

- 1/2 cup flour
- 1/2 cup whole wheat flour
- 2 tsp sugar
- Pinch salt
- 1 tsp cinnamon
- 1/4 cup butternut squash or pumpkin puree
- 1 cup milk
- 1 egg
- 1 Tbsp. oil
- 1 Tbsp. white vinegar

Mix all ingredients. Let sit for 10-15 minutes.

Recipe from Janie Becker, Extension Agent

Honey Syrup

"This is a great syrup for pouring over gingerbread, but it is wonderful on almost anything. For best flavor, poke holes in the cake with a fork before pouring syrup."

- 1/2 cups honey
- 1/2 cup water
- 1/4 cup fresh lemon juice
- 1/2 teaspoon grated lemon zest

In a small saucepan, combine the honey, water, lemon juice and lemon zest. Cook over medium heat stirring occasionally until boiling. Continue to boil until the mixture is reduced by a fourth. Pour warm syrup over cake and allow to sit for a few minutes before serving.

Recipe By: Denise
http://allrecipes.com/recipe/17465/honey-syrup/

How to Roast Butternut Squash

Ingredients:
1 butternut squash
1 teaspoon coconut oil

Instructions:
1. Using a big hefty knife, cut the squash in half
2. Scoop out the seeds and discard, or save for later use
3. Rub inside and out of squash with coconut oil
4. Place face down on a metal baking sheet
5. Bake at 350 degrees for 40 to 60 minutes, or until tender
6. Serve

http://elanaspantry.com/how-to-roast-butternut-squash/

Kale Smoothie

- Kale
- quarter-cup water
- a half-cup low-fat vanilla yogurt
- one leaf of kale ripped off of the thick stem and spine.
- banana

The kale smoothie is simple. In a blender, place a quarter-cup water, a half-cup low-fat vanilla yogurt and one leaf of kale ripped off of the thick stem and spine. Blend on highest speed until you have a green cream with no visible bits of leaves. Peel one banana and break into smaller pieces then add it to the blender. Blend this combination until smooth. If desired, add one half-cup of frozen berries and blend one last time. Many people like the addition of berries, but it mutes the bright green color. This makes a thick drink, so if you’d like it smoother add additional water, milk or orange juice. Go ahead and call it something fun – green slime or maybe a “Shrek” smoothie.

Zucchini Cornbread

What you need:
- 1/2 cup unbleached all-purpose flour
- 1 1/4 cups cornmeal
- 1/4 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plain nonfat yogurt
- 2 large eggs, beaten
- 1 cup shredded zucchini

Equipment and supplies:
- Measuring cups and spoons
- Knife
- Large bowl
- Whisk
- 8” x 8” pan
- Oven

What to do:
Preheat the oven to 400°F (204°C). Spray the pan with cooking spray.
In a large bowl, whisk together the flour, cornmeal, sugar, baking soda, and salt. Stir in the yogurt, eggs, and shredded zucchini. Be careful not to overmix — stir only until just blended.
Pour the batter into the prepared pan. Bake for 20-25 minutes, until the center springs back when gently pressed.
Serves 12


recipe, created by Breeze Petty of Wyoming

Fresh Peach Cooler

- 4 fresh peaches, pit removed
- Add ingredients to a high powered blender.
- 1/2 cup Greek yogurt
- Blend until smooth
- 1/2 cup sparkling water
- Serve cold
- Ice to desired consistency

By Amy Roskelley
http://www.superhealthykids.com/fancy-schmancy-specialty-drinks/