



It's Your Health...
Take Charge!

Farmers' Market Nutrition Program Recipe Cards



Women, Infants and Children's Program

WIC is a nutrition program that provides health education, healthy foods, breastfeeding support and other services free of charge to South Carolina families who qualify. **To apply for WIC or to make an appointment, call 1-800-868-0404.**

Supplemental Nutrition Assistance Program

SNAP - Supplemental Nutrition Assistance Program, formerly known as the Food Stamp Program, serves as the foundation of America's national nutrition safety net, working to end hunger and improve the health of low-income people by helping families buy the food they need for a nutritionally adequate diet. **For information on SNAP benefits, contact DSS at 1-800-616-1309** or any local DSS office during normal business hours.

Senior's Farmers Market Nutrition Program

The SFMNP provides fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmers' markets and roadside stands to low-income seniors, who are at least 60 years old. The SFMNP is not available in all South Carolina counties. Applicants must go to a Local Agency distribution site to apply and receive benefits. SFMNP benefits are distributed during the summer months on a first come, first served basis until all benefits have been exhausted. **Contact the South Carolina Department of Social Services, Food Distribution Programs, (803) 898-0973.**

Confetti Bean Salsa

8 SERVINGS

Amount Per Serving:

Calories 138

Carbohydrate 22g

Fat 4g

Protein 6g

Sodium 131mg

Fiber 5g

Ingredients

- **1 ½ cups** fresh or frozen corn
- **1 can** reduced sodium red or black beans
- **1** large tomato
- **1** large sweet onion
- **1 teaspoon** ground cumin
- **2 tablespoons** olive oil
- **1 tablespoon** lime juice (fresh or bottle)

Instructions

- Drain and rinse beans.
- Chop tomato and onion.
- Combine corn, beans, tomato, onion, cumin, olive oil and lime juice in bowl.
- Mix well.
- Serve with tacos or tortilla chips.



Mediterranean Quinoa Salad

4 SERVINGS

Amount Per Serving:

Calories 309

Carbohydrate 20g

Fat 23g

Protein 9g

Sodium 430mg

Fiber 3g

Ingredients

- **3 tablespoons** fresh squeezed lemon juice
- **1 tablespoon** red wine vinegar
- **¼ teaspoon** dried oregano
- **1** clove garlic, smashed and finely chopped to a paste
- **½ teaspoon** black pepper, divided
- **¼ cup** extra virgin olive oil
- **1 cup** quinoa
- **2 cups** water
- **2 cups** chopped tomatoes
- **2** green onions, sliced
- **¼** small red onion, diced or thinly sliced
- **¼** cucumber, diced
- **1 cup** feta cheese for sprinkling

Instructions

- Whisk together lemon juice, vinegar, oregano, garlic, and ¼ teaspoon pepper in a small bowl. Slowly whisk in the oil until mixed, not separated.
- Let sit at room temperature while you prepare the salad to allow flavors to blend.
- Rinse quinoa in a strainer until water runs clear. Combine the quinoa, 2 cups of water, and ¼ teaspoon pepper in small saucepan and bring to a boil.
- Reduce heat and cook until water is absorbed and quinoa is tender (10-15 minutes).
- Transfer to bowl, fluff with fork, and let sit for 5 minutes to cool.
- Add tomatoes, onions, cucumbers and dressing. Cover and refrigerate for at least an hour and up to 8 hours before serving.
- Just before serving, sprinkle with feta cheese.

Minty Watermelon Cucumber Salad

16 SERVINGS

Amount Per Serving:

Calories 60

Carbohydrate 9g

Fat 3g

Protein 1g

Sodium 78mg

Fiber 1g

Ingredients

- **8 cups** cubed seedless watermelon
- **2** medium cucumbers, halved lengthwise and sliced
- **6** green onions, chopped
- **¼ cup** minced fresh mint
- **¼ cup** balsamic vinegar
- **¼ cup** olive oil
- **½ teaspoon** salt
- **½ teaspoon** pepper

Instructions

- In a large bowl, combine watermelon, cucumbers, green onions and mint.
- In a small bowl, whisk remaining ingredients.
- Pour over salad and toss to coat.
- Serve immediately or refrigerate, covered, up to 2 hours before serving.



Quick Refrigerator Pickles

8 SERVINGS

Amount Per Serving:

Calories 40

Carbohydrate 8g

Fat 0g

Protein 1g

Sodium 297mg

Fiber 1g

Ingredients

- **2 pounds** small, firm, very fresh vegetables, such as beets, carrots, summer squash, cucumbers, radishes, and/or red onions
- **1 cup** distilled white or cider vinegar (5% acidity)
- **1 cup** water
- **½ cup** sugar
- **4** cloves garlic, quartered
- **¼ teaspoon** crushed red pepper flakes
- **2 teaspoons** pickling spice
- **1 teaspoon** kosher or pickling salt

Instructions

- Peel the carrots or beets if necessary. Using a vegetable slicer or very sharp knife, cut the vegetables into very thin rounds, slices, or ribbons.
- Pack the vegetables into a 1-quart jar with a tight-fitting lid. If using more than one type of vegetable, keep them separate and use multiple smaller jars.
- Bring the vinegar, water, sugar, garlic, red pepper flakes, pickling spice, and salt to a boil in a small saucepan, stirring until the sugar dissolves.
- Pour the hot liquid over the vegetables. Let stand until it cools to room temperature.
- Cover and refrigerate until chilled, preferably overnight. Store covered and refrigerated for up to 2 weeks.

Broccoli Salad

8 SERVINGS

Amount Per Serving:

Calories 100

Carbohydrate 26g

Fat 7g

Protein 2g

Sodium 170mg

Fiber 2g

Ingredients

- **6 cups** chopped broccoli
- **1 cup** raisins
- **1** medium red onion, peeled and diced
- **2 tablespoons** sugar
- **8** slices cooked and crumbled bacon (optional)
- **2 tablespoons** lemon juice
- **¾ cup** mayonnaise, low-fat

Instructions

- Combine all ingredients in a medium bowl. Mix well.
- Chill for 1 to 2 hours.
- Serve.



Apple, Cranberry and Almond Coleslaw

8-10 SERVINGS

Amount Per Serving:

Calories 134

Carbohydrate 20g

Fat 7g

Protein 2g

Sodium 44mg

Sugar 12g

Ingredients

- **1 large** red cabbage, shredded
- **3 medium** carrots, grated
- **2 large** gala apples
- **½ cup** sliced green onions
- **1 cup** slivered almonds
- **1 cup** dried cranberries
- **1 tablespoon** honey
- **2 tablespoons** lemon juice
- **⅓ cup** apple cider vinegar
- **1 teaspoon** ground black pepper
- **¼ cup** canola oil
- **½ teaspoon** celery seed

Instructions

- Rinse cabbage, apples and carrots.
- Thinly slice cabbage. Peel and grate carrots. Slice apples into matchsticks.
- In a large bowl, whisk together vinegar, oil, honey and celery seed.
- Mix apples and lemon juice and combine with dressing mixture.
- Add cabbage, carrots, almonds, and cranberries.
- Toss to mix well.
- Cover and chill 2 hours.
- Sprinkle with green onion before serving.

Farmers' Market Pasta Salad

6 SERVINGS

Amount Per Serving:

Calories 156

Carbohydrate 19g

Fat 5g

Protein 11g

Sodium 336mg

Sugar 6g

Ingredients

- **2 cups** chopped tomatoes (heirloom or cherry)
- **2 small** zucchini, thinly sliced into half moons
- **1 small** red bell pepper, cut into thin strips
- **1 cup** fresh sweets corn kernels
- **½ cup** thinly sliced green onions
- **1 (8 oz.) package** of whole grain pasta noodles
- **2 cups** shredded chicken (about 10 oz.)

- **⅓ cup** torn fresh basil
- **⅓ cup** torn fresh cilantro

Parmesan Vinaigrette

- **¼ cup** white-wine vinegar
- **1 tablespoon** Dijon mustard
- **¼ teaspoon** salt
- **½ teaspoon** pepper
- **Pinch** of sugar
- **¾ cup** extra-virgin olive oil
- **¼ cup** finely grated parmesan

Instructions

- Toss together tomatoes, zucchini, bell peppers, corn and onions in a large bowl.
- Prepare pasta according to package directions.
- Add hot cooked pasta and chicken to tomato mixture; toss gently to coat.
- Transfer to a serving platter, and top with basil and cilantro.

Roasted Beet and Butter Bean Hummus

6 SERVINGS

Amount Per Serving:

Calories 165

Carbohydrate 12g

Fat 12g

Protein 3.4g

Fiber 2.6g

Sugar 1.2g

Ingredients

- **1 small** roasted beet
- **¾ cup** cooked butter beans, drained
- zest of **one large** lemon
- juice of **half a large** lemon
- **healthy pinch** salt and black pepper
- **2 large cloves** garlic, minced
- **2 tablespoons** tahini (roasted sesame seed paste), optional
- **¼ cup** extra virgin olive oil

Instructions

- Preheat oven to 375°F.
- Remove the stem and most of the root from your beets, and scrub and wash them underwater until clean.
- Wrap beets in foil, drizzle on a bit of canola oil, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance.
- Once beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
- Add remaining ingredients except for olive oil and blend until smooth.
- Drizzle in olive oil as the hummus is mixing.

Spinach and Strawberry Pecan Salad

6 SERVINGS

Amount Per Serving:

Calories 256

Carbohydrate 12g

Fat 22g

Protein 4g

Sodium 204mg

Sugar 8g

Ingredients

- **1 bunch** fresh spinach
- **1 cup** sliced fresh strawberries
- **½ cup** crumbled Gorgonzola cheese
- **½ cup** pecans, chopped
- **¼ cup** balsamic vinegar
- **2 tablespoons** honey
- **½ cup** olive oil
- ground black pepper to taste

Instructions

- Combine the spinach, strawberries, gorgonzola cheese, and pecans in a large bowl.
- Stir the balsamic vinegar and honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously.
- Season with salt and pepper.
- Drizzle the dressing over the salad just before serving.



Okra, Avocado and Tomato Salad

6 SERVINGS

Amount Per Serving:

Calories 95

Carbohydrate 12g

Fat 4g

Sodium 13mg

Sugar 1.2g

Ingredients

- **1 pound** okra
- **1** minced jalapeño, seeded if desired
- **1** avocado, cut in small dice
- **1 pound** tomatoes, cut in small dice
- **1 small** white or red onion, chopped
- **¼ teaspoon** salt
- **½ cup** chopped cilantro
- **5 to 6 tablespoons** fresh lime juice
- **1 to 2 ounces** crumbled feta for serving (optional)

Instructions

- Rinse and trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water.
- Cover and steam four minutes or until crisp-tender.
- Drain and rinse with cold water, then slice about 1/4 inch thick and place in a large bowl.
- Add the jalapeño, avocado, tomatoes and onion.
- Season with salt, and toss together.
- Add the cilantro and lime juice, and toss well.
- Serve garnished with crumbled feta, if desired.

Plum-Berry Mint Smoothie

4 SERVINGS

Amount Per Serving:

Calories 122

Carbohydrate 22g

Fat 1g

Protein 3g

Sodium 35mg

Sugar 16g

Ingredients

- 2 plums, chopped with skin on
- 6 ounces blackberries
- 6 ounces blueberries
- 1 small banana
- 6 ounces plain low-fat yogurt
- 4 ounces 100% cranberry juice
- 1/4 cup ice
- 3 tablespoons fresh mint, chopped

Instructions

- Wash blackberries and blueberries.
- Place banana, plums, berries, yogurt, juice, mint and ice cubes into a blender.
- Blend until smooth.



Crispy Baked Vegetables

8 SERVINGS

Amount Per Serving:

Calories 219

Carbohydrate 41g

Fat 3g

Protein 8g

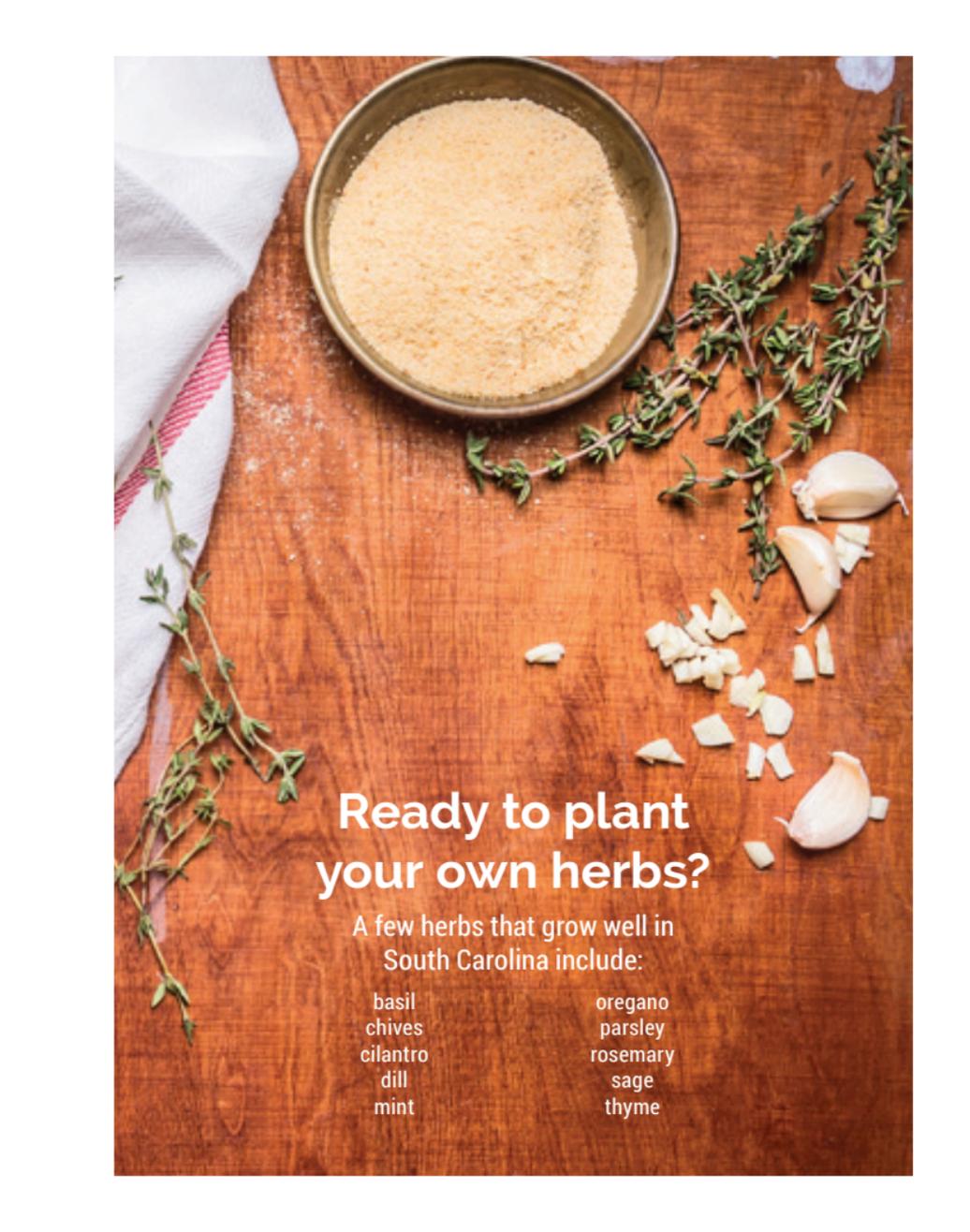
Sodium 490mg

Ingredients

- **1 cup** seasoned breadcrumbs
- **1 cup** cornmeal
- **1 tablespoon** grated Parmesan
- **8 cloves** garlic, peeled and minced
- **2 cups** plain nonfat yogurt
- **¼ cup** sliced zucchini
- **¼ cup** sliced okra
- **¼ cup** sliced eggplant
- **¼ cup** sliced, peeled potatoes
- **¼ cup** sliced, peeled sweet potatoes
- **¼ cup** quartered mushrooms
- **¼ cup** sliced, peeled parsnips
- **1 small** onion, peeled and sliced

Instructions

- Preheat oven to 425°F.
- Line a baking sheet with parchment paper; set aside.
- Mix the breadcrumbs, cornmeal and Parmesan cheese together; set aside.
- Over very low heat, slowly sauté garlic in a nonstick pan sprayed with vegetable cooking spray until garlic begins to brown. Let cool and mix into crumb mixture.
- Dip vegetables into yogurt and then into crumb mixture.
- Lay vegetables on baking sheet and bake until browned and crispy, about 10 to 15 minutes.
- Serve hot.

A top-down view of a wooden cutting board. In the upper center is a small metal bowl filled with finely grated yellow cheese. To the right of the bowl are several sprigs of fresh green thyme and several pieces of garlic, some whole and some cut into small chunks. On the left side, a white cloth with a red and white striped border is partially visible. The background is the natural wood grain of the cutting board.

Ready to plant your own herbs?

A few herbs that grow well in
South Carolina include:

basil
chives
cilantro
dill
mint

oregano
parsley
rosemary
sage
thyme

