

Purdue Extension

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Fresh Food Ideas...  
Enjoy the Flavors of the Season!



# RECIPES



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## *Welcome to Purdue Extension FoodLink*

We make it easier to say “yes” when buying fresh produce.

You have immediate access to 60 familiar Indiana fruits and vegetables —from apples and asparagus to watermelon and zucchini, and yes ... even honey — via Quick Response (QR) codes and [www.purdue.edu/foodlink](http://www.purdue.edu/foodlink)

FoodLink offers advice on:

- How to select each kind of produce.
- Nutritional facts.
- How to prepare or preserve each item.
- Recipes for each item, and links to more recipes on Pinterest.

*This booklet features 12 of the most popular recipes. (See the videos at [www.purdue.edu/FoodLink](http://www.purdue.edu/FoodLink))*

FoodLink provides accurate, research-based (EXPERT REVIEWED) information.

If you have questions, send us an email: [FoodLink@Purdue.edu](mailto:FoodLink@Purdue.edu)

Enjoy these recipes. Check out the website and Facebook page (<http://www.facebook.com/purduefoodlink>) for more good eating!

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**EXPERT**  
REVIEWED



## Herb-Roasted Chicken with Potatoes and Peas

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min **Cook** 35 min **Total Time** 55 min - **Servings:** 4

### Ingredients

1 1/2 pounds potatoes, peeled and in quarters if large  
 3 tablespoons olive oil  
 3/4 teaspoon kosher salt  
 3/4 teaspoon black pepper  
 2 1/2 pounds bone-in, skin-on chicken thighs (about 8 thighs)  
 1 teaspoon caraway seeds  
 1 teaspoon dry mustard  
 1 cup fresh green peas  
 2 tablespoons fresh lemon juice (plus lemon wedges for serving)  
 2 tablespoons fresh dill (chopped)  
 1/4 teaspoon ground pepper



### Nutrition Information

Serving Size	1/4 of recipe
Nutrients	Amount
Total Calories	638
Protein	44g
Carbohydrates	36g
Dietary Fiber	4g
Total Sugars	2g
Total Fat	34g
Saturated Fat	8g
Cholesterol	140mg
Sodium	537mg

Scan this QR Code for a video of the recipe.



### Directions

1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss them with the oil and 1/2 teaspoon each of salt and pepper.
2. Season the chicken with the caraway seeds, mustard, and 1/4 teaspoon each of salt and pepper.
3. Nestle the chicken skin side up in the potatoes and roast until the potatoes are tender and an instant-read thermometer inserted in each thigh registers 165°F (about 25-30 minutes). Toss the potatoes once during cooking (about 15 minutes after placing them in the oven).
4. Add the peas to the chicken and potatoes and continue to roast until warmed through (about 2 to 3 minutes).
5. Remove from oven and drizzle with lemon juice.
6. Sprinkle with the dill and serve with the lemon wedges.

# SPRING

## Colorful Quesadillas

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 10 min   **Cook** 5 min   **Total Time** 15 min   -   **Servings:** 8

### Ingredients

8 ounces fat-free cream cheese  
1/4 teaspoon garlic powder  
8 flour tortillas (small)  
1 cup red sweet pepper (chopped)  
1 cup low-fat shredded cheese (mild cheddar or Mexican)  
2 cups fresh spinach leaves (you can substitute 9 ounces frozen spinach, thawed and squeezed dry)

### Nutrition Information

**Serving Size** 4 wedges

**Nutrients**      **Amount**

Total Calories 160

Protein 11g

Carbohydrates 20g

Dietary Fiber 2g

Total Sugars 2g

Total Fat 3.5g

Saturated Fat 1g

Cholesterol 0mg

### Minerals

Calcium 20mg

Sodium 420mg

Iron 8mg

### Vitamins

Vitamin A 35mg

Vitamin C 45mg



### Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons sweet pepper and 2 tablespoons cheese on half of each tortilla.
4. Add spinach (1/4 cup per tortilla if using fresh leaves OR 2 tablespoons if using frozen). Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat until golden brown on both sides (about 1-2 minutes per side).
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Scan this QR Code for a video of the recipe.





# Spring Vegetable Sauté

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website and the *5 A Day Program*.

**Prep** 20 min    **Cook** 15 min    **Total Time** 35 min    -    **Servings:** 4

## Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 small potatoes (quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup snap peas or snap beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill



## Nutrition Information

<b>Serving Size</b>	<b>1/4 recipe</b>
<b>Nutrients</b>	<b>Amount</b>
Total Calories	70
Protein	2g
Carbohydrates	13g
Dietary Fiber	2g
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	170mg
Iron	8mg

## Directions

1. Heat the oil in a large skillet over medium heat.
2. Add the onion and cook 2 minutes. Then add the garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until vegetables are almost tender (about 4 minutes). If the vegetables start to brown, add a tablespoon or two of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender (about 4 more minutes).
5. Serve immediately.

Scan this QR Code for a video of the recipe.



# SPRING

## Apple and Chicken Salad

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min **Cook** 20 min **Total Time** 40 min - **Servings:** 4

### Ingredients

2 red apples (such as Cameo)  
2 celery stalks (diced)  
2 cups cooked (165 °) skinless chicken  
breasts (about 2 breasts)  
1/4 cup plain nonfat Greek yogurt  
1/2 cup raisins  
1/4 cup mayonnaise  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
16 lettuce leaves (bibb, romaine,  
green or red leaf)



### Nutrition Information

**Serving Size** 4 servings

**Nutrients** **Amount**

Total Calories 290

Protein 25g

Carbohydrates 34g

Dietary Fiber 4g

Total Sugars 12g

Total Fat 8g

Saturated Fat 1.5g

Cholesterol 65mg

### Minerals

Calcium 56mg

Sodium 330mg

Iron 2mg

### Vitamins

Vitamin A 70mg

Vitamin C 7mg

### Directions

1. Cook chicken by grilling, roasting, or pan frying. Allow chicken to cool, then cut into half-inch cubes. You can cook the chicken ahead and refrigerate it up to three days before serving.
2. Cut apples in quarters, remove core, and cut into half-inch cubes.
3. Add the yogurt, mayonnaise, salt, and pepper to a medium mixing bowl. Stir or whisk until combined.
4. Add the apples, celery, chicken, and raisins to the bowl and gently stir them into the yogurt mixture until they are well-coated.
5. Arrange lettuce on serving plates and top with mixture from bowl to serve.

Scan this QR Code for a video of the recipe.



# Cucumber Yogurt Dip

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min    **Cook**    **Total Time** 1 hr 20 min    -    **Servings:** 6

**Ingredients**

- 2 cups plain, low-fat yogurt
- 2 large cucumbers
- 1/2 cup nonfat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

**Nutrition Information**

<b>Serving Size</b>	<b>1/6 recipe</b>
<b>Nutrients</b>	<b>Amount</b>
Total Calories	100
Protein	6g
Carbohydrates	16g
Dietary Fiber	2g
Total Fat	2g
Saturated Fat	1g
Cholesterol	5mg
Sodium	120mg



**Directions**

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. In a medium serving bowl, mix the yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic.
3. Chill this mixture for 1 hour.
4. Arrange tomatoes, cucumbers, broccoli, and carrots on a platter, and serve with the chilled dip.

Scan this QR Code for a video of the recipe.



# SUMMER

## Overnight Oatmeal

Recipe adapted from Oregon State University Extension's *FoodHero.org*.

**Prep** 15 min    **Total Time** 6 hr 15 min    -    **Servings:** 4

### Ingredients

1 cup uncooked old-fashioned rolled oats  
1 cup low-fat yogurt  
1/2 cup nonfat or 1% milk  
1/2 cup fresh berries (raspberry, strawberry, blueberry, blackberry)  
1/2 cup chopped apple

### Nutrition Information

**Serving Size**    *about 1 cup*

Nutrients	Amount
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Total Calories	150
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Protein	8g
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Carbohydrates	23g
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Dietary Fiber	3g
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Total Fat	2.5g
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Saturated Fat	1g
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Cholesterol	5mg
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Sodium	60mg
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### Directions

1. Core apple and chop into bite-size pieces.
2. In a medium bowl, mix oats, yogurt, and milk.
3. Add the fruit now or add just before eating.
4. Cover and refrigerate oatmeal mixture for 6-12 hours.
5. Refrigerate leftovers within 2 hours.

Scan this QR Code for a video of the recipe.





# Chicken Vegetable Soup with Kale

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min    **Cook** 20 min    **Total Time** 40 min    -    **Servings:** 3

**Ingredients**

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic clove (minced)
- 2 cups water or chicken broth
- 3/4 cup tomatoes (diced)
- 1 cup cooked (165 °) chicken (skinned and cubed)
- 1/2 cup cooked brown (or white) rice
- 1 cup kale (chopped, about one large leaf)



**Directions**

1. Cook rice.
2. Heat oil in a medium sauce pan, then add onion and carrot. Saute until they are tender (5-8 minutes).
3. Add thyme and garlic. Saute for one more minute.
4. Add water or broth, tomatoes, cooked rice, chicken, and kale.
5. Simmer for 5-10 minutes, and serve.

Nutrition Information	
Serving Size	1/3 of recipe
Nutrients	Amount
Total Calories	180
Protein	17g
Carbohydrates	16g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	1g
Cholesterol	40mg
Sodium	85mg

Scan this QR Code for a video of the recipe.



# FALL

## Black Bean Soup

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min   **Cook** 3 hr   **Total Time** 3 hr 20 min   -   **Servings:** 5

### Ingredients

2 tablespoons vegetable oil  
1 onion (diced)  
2 carrots (diced)  
2 celery sticks (diced)  
4 garlic cloves (peeled and minced)  
1 teaspoon dried basil  
1 teaspoon dried oregano  
2 teaspoons chili powder (or more to taste)  
3 15.5-ounce cans low-sodium black beans (drained and rinsed)  
OR use 6 cups cooked (dried) black beans  
8 cups water  
1 cube chicken bouillon  
1 lime (juiced)  
plain lowfat yogurt (optional)

### Nutrition Information

**Serving Size** about 1 cup

Nutrients	Amount
Total Calories	322
Protein	179g
Carbohydrates	51g
Dietary Fiber	209g
Total Fat	6g
Saturated Fat	0g
Cholesterol	0mg
Sodium	613mg

### Directions

1. If using dried black beans, soak them overnight in cold water (about 8 hours). Rinse, place in large pot, and cover with cold water. Bring water to a boil and simmer until the beans are tender (about 30 minutes). Drain before adding to this recipe in step 3.
2. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
3. Add the beans, water, and bouillon cube. Increase the heat to high and bring to a boil. Then, turn the heat to low and cook about 2 1/2 hours until the beans are very tender and the mixture is uniform in color.
4. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup.
5. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt.
6. Serve right away, or cover and refrigerate up to 5 days.

Scan this QR Code for a video of the recipe.



# Roasted Cauliflower

Recipe adapted from the *What’s Cooking? USDA Mixing Bowl* website.

**Prep** 15 min    **Cook** 30 min    **Total Time** 45 min    -    **Servings:** 8

**Ingredients**

- 1 head cauliflower
- 2 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/2 cup Parmesan cheese (shredded)

**Nutrition Information**  
**Serving Size** 1/8 of recipe

Nutrients	Amount
Total Calories	70
Protein	3g
Carbohydrates	4g
Dietary Fiber	1g
Total Sugars	1g
Total Fat	8g
Saturated Fat	1g
Cholesterol	4mg
<b>Minerals</b>	
Calcium	72mg
Sodium	171mg
Iron	0mg
<b>Vitamins</b>	
Vitamin A	11mg
Vitamin C	35mg



**Directions**

1. Heat oven to 450°F.
2. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain.
3. In a large bowl, combine oil, salt, and pepper. Add cauliflower florets and toss to coat.
4. Spread cauliflower in a single layer on a large rimmed baking sheet.
5. Roast in the oven until the cauliflower starts to soften and begins to brown (15-20 minutes).
6. Sprinkle cauliflower with cheese and roast another 5-10 minutes.

Scan this QR Code for a video of the recipe.



# WINTER

## Sweet Potato Squash Pancakes

Recipe adapted from the Produce for Better Health Foundation.

**Prep** 30 min **Cook** 25 min **Total Time** 55 min - Servings: 6

### Ingredients

1 teaspoon vegetable oil  
1 large sweet potato  
1 large winter squash  
1/4 cup onion (chopped)  
2 large egg whites  
2 tablespoons fresh chives (chopped)  
1 tablespoon all-purpose flour  
2 tablespoons fresh lemon juice  
1/2 teaspoon salt  
1/4 teaspoon ground pepper

### Nutrition Information

**Serving Size** 1/6 of recipe

Nutrients	Amount
Total Calories	45
Protein	2g
Carbohydrates	8g
Dietary Fiber	1g
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	230mg

### Directions

1. Bring a large pot of water to a boil over high heat.
2. Peel, wash, and chop the sweet potato and winter squash into cubes of roughly equal size.
3. Add the squash and sweet potato to the boiling water and reduce heat to medium-high. Boil until they are tender (about 15 minutes).
4. Drain, cool, and mash the squash and sweet potato. Make sure the mixture is cool or else you will cook the egg whites prematurely.
5. Add the other ingredients to the mashed squash-sweet potato mixture.
6. Heat oven to 200°F.
7. Spray 10-inch skillet with nonstick cooking spray. Heat the skillet over medium heat.
8. Cook pancakes in skillet one at a time. For each pancake, spoon 1/3 cup batter into the skillet and flatten slightly. Cook about 5 minutes on each side or until golden brown.
9. Spray pan before starting each pancake.
10. Place cooked pancakes on an ungreased cookie sheet, and keep them warm in oven while you cook the remaining pancakes.

Scan this QR Code for a video of the recipe.



# Apple Cranberry Salad Toss

Recipe adapted from the *What's Cooking? USDA Mixing Bowl* website.

**Prep** 20 min    **Cook**    **Total Time** 20 min    -    **Servings:** 8

**Ingredients**

- 1 head of lettuce, any variety (torn/cut into bite-size pieces — about 10 cups)
- 2 medium apples, any variety (cored and cut into 1/2-inch cubes)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup onion (sliced)
- 3/4 cup vinaigrette dressing



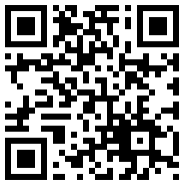
**Nutrition Information**

<b>Serving Size</b>	<b>1/8 of recipe</b>
<b>Nutrients</b>	<b>Amount</b>
Total Calories	140
Protein	2g
Carbohydrates	24g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	10mg

**Directions**

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing, and toss to coat. Serve immediately.

Scan this QR Code for a video of the recipe.





# WINTER

## Creamy Potato Leek Soup

Recipe adapted from Oregon State University Extension's *FoodHero.org*.

**Prep** 30 min   **Cook** 30 min   **Total Time** 60 min   -   **Servings:** 8

### Ingredients

3 leeks (about 3 cups diced)  
3 potatoes (about 3 cups diced)  
2 tablespoons butter or margarine  
2 garlic cloves (minced) or  
1/2 teaspoon garlic powder  
4 1/2 cups reduced-sodium  
chicken broth  
1/4 cup 1% milk  
1/2 teaspoon black pepper

### Nutrition Information

**Serving Size** 1 Cup

Nutrients	Amount
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Total Calories	150
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Protein	5g
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Carbohydrates	21g
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Dietary Fiber	2g
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Total Sugars	2g
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Total Fat	5g
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Saturated Fat	3g
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Cholesterol	10mg
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### Minerals

Calcium	4%
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Sodium	55mg
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Iron	10%
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### Vitamins

Vitamin A	15%
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Vitamin C	35%
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### Directions

1. Remove roots and green tops from leeks. Slice in half lengthwise and rinse well under running water to remove all grit. Then, slice crosswise into 1/4-inch slices.
2. Scrub potatoes well, then cut into small cubes (leave skins on the potatoes).
3. Melt butter or margarine in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft.
6. Remove potatoes from heat and mash with a potato masher or fork until potatoes are fairly smooth.
7. Add remaining broth, milk, and pepper, then return the pan to the heat and simmer for about 5 minutes.
8. Refrigerate leftovers within 2 hours.

Scan this QR Code for a video of the recipe.



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