

## Fresh Foods Nutrition: Fruits & Vegetables How To's

### Choose Quality Produce

**BRIGHT  
COLORS**

**CHOOSE IN  
SEASON!**



**AVOID MOLDY  
OR BRUISED  
PRODUCE**

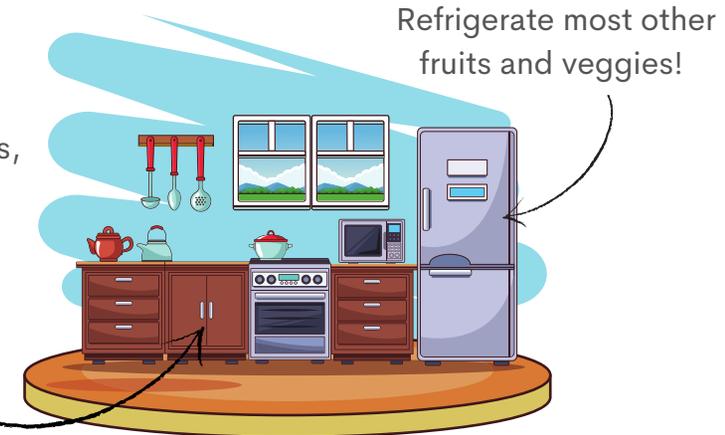
**CRISP, FIRM  
TO THE TOUCH**

**ODD SHAPES  
ARE OK!**

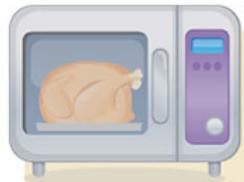
### Store Produce

Room temp, then  
refrigerate:  
Bananas, tomatoes,  
citrus, stone fruits

Cool, dark place:  
Garlic, onions,  
potatoes, hard squash



### Cook with Produce



*baked*



*boiled*



*braised*



*steamed*



*grilled*

### Repurpose Food

- Sauté leftover veggies with a protein to make burritos, bowls, casseroles or stir-fry. Or make a salad!
- Use scraps to make stock.
- Use fruit trims to make flavored water.
- Limp or wilted veggies can sometimes be revived by submerging them in cold water. Alternatively, add them to smoothies or soups.
- Stale bread can be cut and baked to make into croutons or breadcrumbs.
- Milk that is a little sour (but not spoiled!) may be used like buttermilk for baking.



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### Sofrito

Sofrito is a cooking base used in Spanish, Italian, Portuguese and Latin American cooking. Sofrito is versatile as it is a great way to use fresh garden ingredients.

### Ingredients

- 2 cups
- 4-5 Garlic cloves
- 1 onion, quartered
- 2 Peppers, quartered
- Optional add-ins (herbs, tomatoes, acid, spices, etc.)



### Directions

1. Add ingredients to the bowl of a food processor and blend until smooth.
2. Transfer the sofrito to a glass container and store in the refrigerator for up to three days, or freeze.

### Picadillo

Use your sofrito in this yummy recipe. You can make picadillo with ground turkey, chicken or beef. Use it to top rice, mashed potatoes, or even bread.

### Ingredients

- 1 lb ground turkey
- 2 tbsp olive oil
- 1 yellow onion, diced
- ½ cup sofrito
- ½ cup tomato sauce
- 10 Manzanilla olives, chopped
- 1 tbsp cider vinegar
- ¼ tsp cumin
- 1 tsp paprika
- 2-4 tbsp water or cooking wine
- Salt and pepper to taste
- Optional: tomatoes (fresh or canned), raisins, roasted peppers, chili/cayenne, etc.



### Directions

1. In a large skillet, heat the olive oil over medium high heat.
2. Add the onions and saute for ~5 minutes, stirring frequently so they don't burn.
3. Add the sofrito and continue to cook, stirring frequently, for another 4 minutes until the onions are soft and golden.
4. Add the tomato sauce. Stir and cook for another 2 minutes until caramelized.
5. Add the turkey and cook, stirring with a wooden spoon to break up any lumps. Cook for another 3 minutes until browned.
6. Add the vinegar, spices, cooking wine or water (as needed), any optional add-ins (except raisins) and season with salt and pepper.
7. Bring the mixture to a boil, and reduce to a simmer.
8. Cook, uncovered for 10 minutes, until mixture is thick.
9. Stir in the olives, and the raisins (if using).
10. Serve over rice or with your favorite starch (potatoes, bread as a Sloppy Joe, tostones, noodles, etc.)