

Apple Pecan Bars

Ingredients

- Non-stick spray
- 4 cups shredded apples with peel (about 4 large red apples)
- 2½ cup quick cooking rolled oats
- ⅔ cup finely chopped pecans
- 2 eggs, beaten
- ¼ cup brown sugar, packed
- 1 tablespoon cinnamon
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt

Directions

1. Wash hands with warm water and soap. Wash fresh produce before preparing.
2. Preheat oven to 375°. Spray 9x9 pan with non-stick spray. Set aside.
3. Shred apples on a large-hole grater and place in a large mixing bowl. Discard core and seeds.
4. Combine oats, pecans, brown sugar, cinnamon, baking soda, and salt in a large mixing bowl. Mix well.
5. Add shredded apples and beaten eggs to dry mixture. Stir until well combined. Transfer to prepared pan.
6. Bake in preheated oven for 30 minutes or until golden brown and edges start to pull away from sides of pan. Let cool for 10 minutes prior to slicing. Cut into 8 bars.

For more free recipes, visit AZHealthZone.org

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the AZ Health Zone. This institution is an equal opportunity provider and employer. 4/18



Makes 8 servings,
1 bar each

Nutrition Facts

per serving	
Calories.....	260
Carbohydrates.....	37 g
Protein.....	7 g
Total Fat.....	10 g
Saturated Fat.....	1.5 g
Trans Fat.....	0 g
Cholesterol.....	45 mg
Fiber.....	6 g
Total Sugars.....	14 g
Sodium.....	330 mg
Calcium.....	55 mg
Folate.....	9.88 mcg
Iron.....	1.85 mg

Citrus Kohlrabi Salad

Ingredients

- 1 large orange, peeled and diced
- 1 cup kohlrabi, diced
- 2 teaspoons vegetable oil
- ½ teaspoon finely chopped garlic
- ⅛ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons golden raisins
- 2 cups chopped romaine lettuce

Directions

1. Wash hands with warm water and soap. Wash fresh produce before preparing.
2. Peel orange and trim away white pith and discard. Cut orange into ½ inch cubes and transfer diced orange with juices from cutting board into a medium size mixing bowl.
3. Peel kohlrabi and discard peel. Cut kohlrabi into ½ inch cubes. Add to mixing bowl with the oranges.
4. Add oil, garlic, salt, pepper, raisins, and romaine lettuce. Toss well and serve.

For more free recipes, visit AZHealthZone.org

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the AZ Health Zone. This institution is an equal opportunity provider and employer. 4/18



Makes 2 servings,
1½ cup each

Nutrition Facts

per serving	
Calories.....	140
Carbohydrates.....	23 g
Protein.....	3 g
Total Fat.....	5 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Fiber.....	5 g
Total Sugars.....	17 g
Sodium.....	140 mg
Calcium.....	80 mg
Folate.....	103 mcg
Iron.....	1 mg

Orange-glazed Radishes and Spinach

Ingredients

- Nonstick spray
- ½ teaspoon orange zest
- 2 tablespoons orange juice
- 1 tablespoon sugar
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 2 bunches radishes, cut into thinly sliced rounds (about 8 oz)
- 2 cups spinach leaves
- 2 tablespoons sliced almonds

Directions

1. Wash hands with warm water and soap. Wash fresh produce before preparing.
2. Spray large skillet with nonstick spray. Heat pan over medium-high heat.
3. Add orange zest, orange juice, sugar, salt, pepper and radishes to pan. Cook for 9 minutes, stirring occasionally.
4. Add spinach leaves and cook for 1 minute or until leaves are slightly wilted.
5. Garnish with almonds and serve immediately.

For more free recipes, visit AZHealthZone.org

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the AZ Health Zone. This institution is an equal opportunity provider and employer. AzNN 5/16



Makes 2 servings,
1 cup per serving

Nutrition Facts

per serving	
Calories.....	100
Carbohydrates.....	15 g
Protein.....	2 g
Total Fat.....	3 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Fiber.....	3 g
Total Sugars.....	3 g
Sodium.....	210 mg
Calcium.....	100 mg
Folate.....	142 mcg
Iron.....	2 mg