



Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

Make meals and memories together. It's a lesson kids will use for life.

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!
#WIHarvestofTheMonth

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Recipe of the month

Skillet Lasagna Serves 8

- 1½ pound ground beef or turkey
- 3 cups low sodium tomato sauce
- 1 ½ tsp oregano
- 1 ½ tsp basil
- 2 tsp garlic powder
- 1 tsp salt
- ¼ tsp pepper
- 1 cup water
- 8 ounces whole wheat wide egg noodles
- 1 (10-ounce) package chopped frozen spinach, thawed or 1 1/2 lbs fresh spinach
- 1 (12-ounce) container low-fat cottage cheese
- 1/2 cup (4 ounces) shredded mozzarella cheese

*may substitute spaghetti sauce for tomato sauce and omit seasonings or add to taste

Directions:

Wash hands. Brown ground beef. Drain, and return to skillet. Add sauce, spices, water, and bring to a boil. Add uncooked noodles, stir, cover with lid, cook 5 minutes on low heat. Squeeze the thawed spinach with clean hands to remove the liquid, stir into the pan. Cover and simmer 5 minutes. Spoon cottage cheese, sprinkle with mozzarella cheese, cover and cook another 5 to 10 minutes until noodles are tender. (if substituting type of pasta, cooking time will be approximately 10 minutes longer).

Per serving: 295 calories, 6g fat, 23g protein, 39g carbohydrate, 4g fiber, 1009mg sodium

Source: laxf2s.org



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