

# Healthy Choices

September 2024

September  
is  
National Fruits  
and Veggies  
Month®



Wildcat Extension District

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<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,  
Montgomery, Wilson Counties

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cotash

Fruit Salad

Three Bean Salad



## Autumn Vegetable Succotash

8 Servings

### Ingredients:

- 1/4 cup olive oil (or cooking oil of choice)
- 1 cup onion, diced
- 2 garlic cloves, finely chopped
- 2 cups red bell pepper, diced
- 2 cups zucchini, diced
- 2 cups yellow summer squash, diced
- 3 cups lima beans, frozen
- 3 cups corn kernels, frozen
- 2 teaspoons dried sage (or 2 tablespoons fresh, coarsely chopped)



Source: Adapted from USDA  
MyPlate

### Directions:

1. Wash hands with soap and water.
2. In a large deep skillet over medium-high heat, add oil.
3. Add onion, cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
4. Season as desired, cook stirring until vegetables are tender (10 minutes or longer).
5. Stir in sage and serve.

**Nutrition Information:** 1/8 of recipe, Total Calories 203, Total Fat 8g, Cholesterol 0mg, Sodium 43mg, Carbohydrates 30g, Sugars 6g, Protein 7g

Summer is the best time to get fresh fruits and vegetables like strawberries, tomatoes, melons, potatoes and greens. Brighten your plate by using a variety of colors, yellow, orange, red, or dark green. Many fruits and vegetables are filled with vitamins and minerals you need daily for your body and most are low in calories. Fiber in produce helps you feel full longer and improves digestion.

# Fruit Salad

10 Servings

## Ingredients:

- 5 apples washed and sliced, leave peels on
- 3 mandarin oranges peeled
- 2 small bananas
- 2 cups pineapple chunks, canned, drained (save the juice)
- 1 cup grapes

## Directions:

1. Wash hands with soap and water.
2. Wash grapes and apples.
3. Core and slice apples.
4. Drain pineapple chunks, save the juice.
5. Peel and slice bananas.
6. Peel mandarin oranges and break them into sections.
7. Cut grapes in half.
8. Mix fruits together with pineapple juice.
9. Cover and chill until ready to serve.

**Nutrition information:** 1 Serving, Calories 121, Saturated Fat 1g, Carbohydrates 32g, Sodium 2mg, Fiber 4g, Protein 1g



Source: Adapted from,  
Maine EFNEP

*Note:* Peaches, plums, pears, melon, berries, or other fruit can be used instead of the fruit listed.

# Three Bean Salad

## Ingredients:

Serves 8

## Directions:

- 1 can wax bean(15 ounce), drained
- 1 can green bean(15 ounce), drained
- 1 can kidney bean(15 ounce), drained
- 1/2 cup onion, chopped
- 1/2 cup white vinegar
- 1/4 cup sugar
- 1/4 cup olive oil
- Salt and pepper to taste

1. Drain and rinse the beans.
2. In a small bowl combine vinegar, sugar, olive oil, salt, and pepper. Whisk together.
3. In a large bowl combine the wax beans, green beans, kidney beans, and onion. Pour the dressing over them and lightly toss together.
4. Store in the refrigerator covered until ready to serve.

**Nutrition Information:** Serves 8, Calories 196, Total Fat 7g, Sodium 154mg, Carbohydrates 27g, Fiber 7g, Sugar 9g, Protein 7g