

Baked Peaches and Cream



Total Calories
64

Total Fat
1g

Protein
3g

Carbohydrates
14g

Saturated Fat
0g

Sodium
6mg

Baked Peaches and Cream

SERVINGS: 2 • SERVING SIZE: ½ peach

INGREDIENTS

- 1 fresh peach
- 1 tablespoon low-fat Greek yogurt
- 1 teaspoon honey

DIRECTIONS

1. Preheat your oven to 350°. Cut the peach in half and remove pit. Place in a baking dish.
2. Bake for 25-30 minutes or until peaches are soft. Bake time may vary depending on size of peach.
3. Once peaches are cooked, spoon the yogurt in the center of the peach.
4. Drizzle honey over the yogurt.
5. Serve and enjoy!

TIP

*This recipe makes for a great healthy and light dessert option.
If you do not have Greek yogurt, substitute with plain yogurt.
If available, mint leaves make a nice garnish to this dessert.*



SOUTH CAROLINA
FARM to SCHOOL



Apple Salad Toss



Total Calories
140

Total Fat
13g

Protein
1g

Carbohydrates
9g

Saturated Fat
2g

Sodium
8mg

Apple Salad Toss

SERVINGS: 8 • **SERVING SIZE:** About 1.5 cups

INGREDIENTS

- 2 apples (medium, chopped)
- 1 head of lettuce (about 10 cups)
- ½ cup green or red onion
- ¾ cup vinaigrette dressing

DIRECTIONS

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

TIP

Try adding nuts (like walnuts or almonds), dried fruit (like cranberries) or cheese (like blue cheese or feta) for a tasty addition to this salad. Eat this salad as a side or serve with grilled chicken for a more complete meal. To make a simple vinaigrette dressing at home, add 1 part vinegar to 3 parts oil and season to taste (salt, pepper, herbs, garlic, Dijon mustard).



SOUTH CAROLINA
FARM to SCHOOL



Roasted Broccoli



Roasted Broccoli

SERVINGS: 4 • SERVING SIZE: 1 cup

INGREDIENTS

- 2 heads of broccoli, cut into 3-inch-long stalks with florets
- 1 ½ teaspoon olive oil
- Season to taste (salt, pepper)

DIRECTIONS

1. Preheat oven to 425°F. Line a baking pan with foil; lightly coat with cooking spray. Set aside.
2. In a large bowl toss broccoli with oil, salt, and pepper.
3. Arrange broccoli in a single layer on the prepared baking pan. Roast 15 to 18 minutes or until stalks are tender and florets begin to brown and crisp, turn stalks once halfway through.
4. Remove from oven and serve warm.

TIP

For added flavor, sprinkle with roasted garlic, lemon juice, and Parmesan cheese after removing from the oven.



SOUTH CAROLINA
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Summer Squash Medley



Summer Squash Medley

SERVINGS: 6 • SERVING SIZE: $\frac{2}{3}$ cup

INGREDIENTS

- 1-2 yellow summer squash, small and sliced
- 1-2 zucchini, small and sliced
- 1-2 large tomatoes (seeded and chopped)
- 1 onion, small
- 1 tablespoon olive oil
- Season to taste (salt, pepper, garlic powder, oregano, basil, crushed red pepper flakes, Parmesan cheese)

DIRECTIONS

1. Heat oil in a large skillet.
2. Add squash, zucchini and onion to heated oil. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Add seasonings to taste and serve warm.

TIP

Use this recipe as a side dish or make into a complete meal by serving over whole wheat pasta or brown rice with cooked chicken or turkey. Canned tomatoes can be substituted for fresh tomatoes, if necessary.



SOUTH CAROLINA
FARM to SCHOOL



Baked Tomatoes and Okra



Total Calories
51

Total Fat
0g

Protein
3g

Carbohydrates
11g

Saturated Fat
0g

Sodium
16mg

Baked Tomatoes and Okra

SERVINGS: 6 • SERVING SIZE: $\frac{2}{3}$ cup

INGREDIENTS

- 4 medium tomatoes, chopped
- 8 ounces fresh okra, washed, stemmed, and cut into $\frac{1}{2}$ -inch-thick slices, or 2 cups frozen cut okra, thawed
- $\frac{1}{2}$ cup frozen lima beans
- 1 medium onion, sliced and separated into rings
- $\frac{1}{2}$ of a medium yellow or green sweet pepper, seeded and cut into thin strips
- Season to taste (salt, pepper, crushed red pepper)

TIP

Want a crunch? Adding a small amount of bread crumbs adds a touch of crunch that mimics fried okra without the added fat from frying.

DIRECTIONS

1. Preheat oven to 350°F.
2. Cook lima beans according to package directions and drain.
3. In a casserole dish, combine lima beans, okra, tomatoes, onion, sweet pepper, and seasoning.
4. Cover and bake for 45 minutes. Stir ingredients, replace cover, and bake an additional 30 minutes. Remove from oven, stir and serve with a slotted spoon.



SOUTH CAROLINA
FARM to SCHOOL



Oven Baked Sweet Potato Fries



Total Calories
111

Total Fat
7g

Protein
1g

Carbohydrates
12g

Saturated Fat
1g

Sodium
21mg

Oven Baked Sweet Potato Fries

SERVINGS: 6 • SERVING SIZE: ½ potato

INGREDIENTS

- 3 medium sweet potatoes
- 3 tablespoons olive oil
- Season to taste (salt, pepper, crushed red pepper)

TIP

If you're craving something sweet, create a "honey glaze" for your sweet potato fries by brushing the fries with a light coating of honey after baking. Once the sweet potatoes are lightly brushed with honey, sprinkle with cinnamon and roast the fries for an additional 10-15 minutes, or until the fries begin to brown.

DIRECTIONS

1. Preheat oven to 425°F.
2. Wash and peel sweet potatoes. Cut into ¼ inch slices.
3. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper, if desired.
4. Spread in a single layer on a baking sheet.
5. Bake until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.



SOUTH CAROLINA
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Apple Coleslaw



Total Calories
57

Total Fat
0g

Protein
2g

Carbohydrates
13g

Saturated Fat
0g

Sodium
38mg

Apple Coleslaw

SERVINGS: 4 • SERVING SIZE: ½ cup

INGREDIENTS

- 1 apple (chopped)
- 2 cups cabbage
- 1 cup shredded carrots
- ½ green pepper (chopped)
- 5 tablespoons yogurt, non-fat
- 1 teaspoon lemon juice
- Season to taste (salt, pepper, dill)

TIP

This recipe can be prepared up to 8 hours in advance. Store slaw mixture and dressing separately and combine just before serving. Try adding green onions, dried cranberries or slivered almonds for extra flavor.

DIRECTIONS

1. Wash the cabbage and cut into fine shreds.
2. Chop half a green pepper into small pieces.
3. Remove the core, and chop apple into small pieces.
4. Put the cabbage, carrots, green pepper and apple in a large mixing bowl and stir.
5. Put the yogurt, lemon juice and seasonings in a small bowl and stir to make the dressing.
6. Pour the dressing over the slaw mixture and toss to mix.



SOUTH CAROLINA
FARM to SCHOOL



Roasted Corn on the Cob



Total Calories
141

Total Fat
7g

Protein
4g

Carbohydrates
20g

Saturated Fat
4g

Sodium
61mg

Roasted Corn on the Cob

SERVINGS: 4 • SERVING SIZE: 1 ear of corn

INGREDIENTS

- 4 ears of fresh corn on the cob (with husks)
- 2 tablespoons butter, melted
- 2 cloves garlic (chopped)
- Season to taste (salt, pepper)

DIRECTIONS

1. Preheat oven to 350°F.
2. Lay each ear of corn on a sheet of aluminum foil large enough to wrap the ear of corn completely (will occur in later step).
3. In a small bowl, combine melted butter and garlic.
4. Pour mixture evenly over each ear of corn.
5. Wrap each ear of corn in aluminum foil and place on a baking sheet.
6. Bake 15 to 20 minutes, turning once.

TIP

There are lots of different ways to season corn on the cob. Try sprinkling with lemon juice and Parmesan, or for Mexican style corn, sprinkle with chili powder, cilantro and lime juice.



SOUTH CAROLINA
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Cucumber and Tomato Salad



Total Calories
118

Total Fat
12g

Protein
1g

Carbohydrates
5g

Saturated Fat
2g

Sodium
4mg

Cucumber and Tomato Salad

SERVINGS: 5 • SERVING SIZE: 1 cup

INGREDIENTS

- 1 cucumber, diced
- 1 large tomato, diced
- 1 small onion, cut into thin slices
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup olive oil
- Season to taste (salt, pepper, oregano)

DIRECTIONS

1. Combine onion, diced cucumbers and diced tomatoes in a large bowl. Mix well.
2. In small bowl, whisk together lemon juice, olive oil, and additional seasonings. Pour over salad and serve immediately.

TIP

Get creative and try using fresh herbs in this recipe such as oregano, mint, or basil. Other ingredients can be added as well such as feta, Parmesan, blue cheese, corn, or bell peppers.



SOUTH CAROLINA
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Kale Chips



Total Calories
48

Total Fat
5g

Protein
0g

Carbohydrates
0g

Saturated Fat
1g

Sodium
3mg

Kale Chips

SERVINGS: 4 • **SERVING SIZE:** About 12–14 chips

INGREDIENTS

- ½ bunch kale, about 10 stems (or chard, spinach or collards)
- 1 ½ tablespoons olive oil
- Season to taste (salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, or Parmesan cheese)

TIP

To keep chips crispy, be sure to store leftovers in an airtight container for up to two days. Kale chips are a great alternative to potato chips thanks to their lower fat content.

DIRECTIONS

1. Preheat oven to 300°F.
2. Wash kale and dry well by patting with dish towels or paper towels. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and sprinkle with seasonings of choice.
5. Bake for 15-20 minutes (rotate pan after 10 minutes), or until kale is crisp and edges are brown but not burned.



SOUTH CAROLINA
FARM to SCHOOL



Strawberry & Yogurt Parfait



Strawberry & Yogurt Parfait

SERVINGS: 1 • SERVING SIZE: About 1.5 cups

INGREDIENTS

- ½ cup sliced fresh strawberries
- ¼ cup non-fat plain yogurt
- ½ teaspoon honey
- 2 tablespoons granola

DIRECTIONS

1. Combine strawberries and honey in small bowl, mixing well. Let stand for 5 minutes.
2. Layer the strawberry mixture and yogurt in a small container. Top with granola and enjoy.

TIP

Look for granola with less than 10 grams of sugar per serving or substitute with a low-sugar, whole grain cereal. Use plain Greek yogurt in place of regular yogurt or an extra boost of protein.



SOUTH CAROLINA
FARM to SCHOOL



Watermelon & Cucumber Salad



Total Calories
60

Total Fat
0g

Protein
2g

Carbohydrates
15g

Saturated Fat
0g

Sodium
3mg

Watermelon & Cucumber Salad

SERVINGS: 4 • **SERVING SIZE:** About 1.5 cups

INGREDIENTS

- 4 cups watermelon cut into 1 inch cubes
- 3 cups cucumber (peeled and cubed)
- 1 lime, juiced
- ¼ teaspoon salt
- Season to taste (salt, pepper)

DIRECTIONS

1. In a large bowl, toss watermelon, cucumber, lime juice, ¼ teaspoon salt, and a dash of pepper.
2. Serve immediately or chill and eat within 2 hours.

TIP

If not serving immediately, leave out the salt. Cover salad and refrigerate up to 4 hours; just before serving, toss with salt. If available, add mint and feta cheese for extra flavor.



SOUTH CAROLINA
FARM to SCHOOL

