eatFresh

Tasty Recipes On Your Budget

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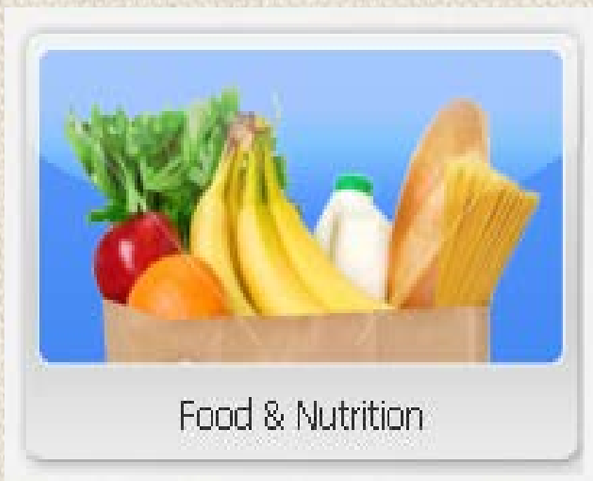
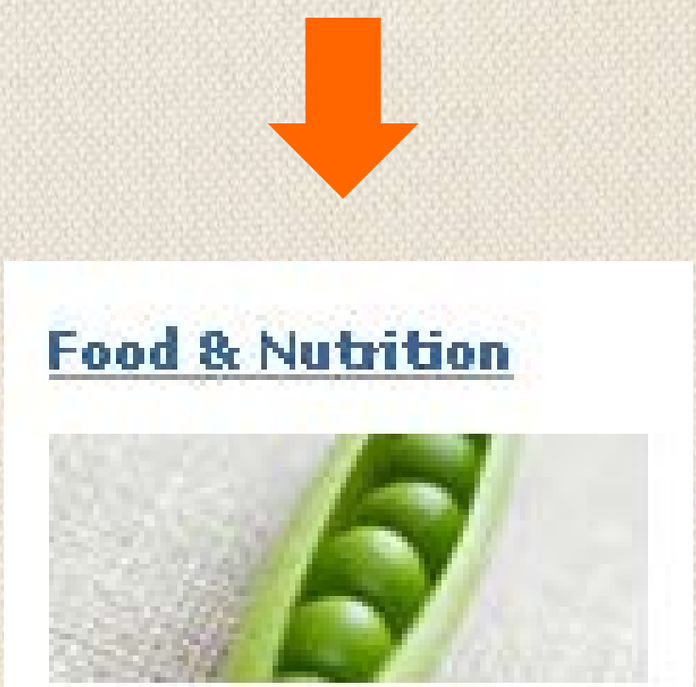




These nutrition icons appeared on the homepages of myBenefitsCalWIN.org and C4yourself.org, but **they didn't link to any nutrition information.**

Now they do (or will soon)!!

Get More Information About Available Programs

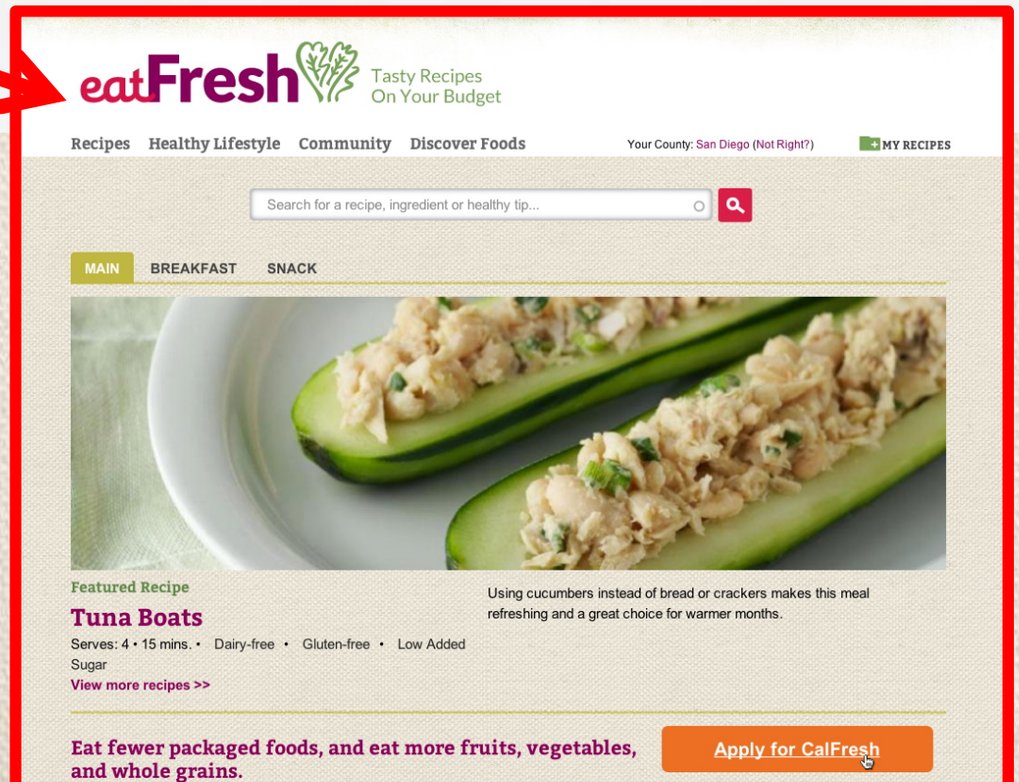
Cash Aid Options

Food Assistance

Medical Services

Required Reporting

Cooking & Nutrition



eatFresh Tasty Recipes On Your Budget

Recipes Healthy Lifestyle Community Discover Foods

Your County: San Diego (Not Right?) MY RECIPES

Search for a recipe, ingredient or healthy tip...

MAIN BREAKFAST SNACK

Featured Recipe

Tuna Boats

Serves: 4 • 15 mins. • Dairy-free • Gluten-free • Low Added Sugar

View more recipes >>

Using cucumbers instead of bread or crackers makes this meal refreshing and a great choice for warmer months.

Eat fewer packaged foods, and eat more fruits, vegetables, and whole grains.

Pack a healthy snack for a day you know you will be away from home.

Read more

Apply for CalFresh

Apply for WIC | Apply for School Lunches

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Your County: San Francisco (Not Right?) | MY RECIPES

Home » Recipe search

Recipe search

squash

Search found 33 recipes


Corn and Squash Sauté


Butternut Squash and Black Beans


Spicy Apple-Filled Squash


Oven Fried Chicken with Summer Squash


Zucchini with Tomato and Rice


Spud Stuffers


Black Bean and Vegetable Quesadillas


Tortilla Soup


Microwave Vegetables

Filter by meal type:

- Main Dish (6)
- Side Dish (16)
- Soups (8)
- Breakfast (1)
- Desserts (1)
- Baked Goods (1)

Filter by cuisine:

- General (19)
- Kid-Friendly (6)
- Latino (10)
- Soul Food (1)
- Italian (3)

Filter by dietary info:

- Low Added Sugar (33)
- Gluten-free (30)
- Dairy-free (23)
- Vegetarian (21)
- Vegan (12)

Filter by ingredient

- Carrots (9)
- Onion (9)
- Tomatoes (6)
- Eggs (2)
- Garlic (2)
- Avocado (1)

Discover Foods



Fruits

- Apple
- Avocado
- Banana
- Berries
- Citrus
- Grapes
- Guava
- Kiwi
- Lychee
- Mango
- Melon
- Papaya
- Pears
- Persimmon
- Pineapple
- Plantains
- Stone Fruit

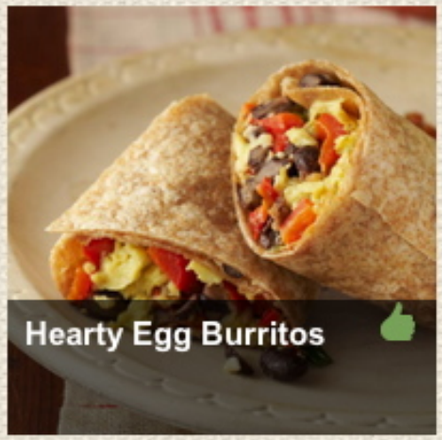
Vegetables

- Artichoke
- Asparagus
- Broccoli and Cauliflower
- Cabbage
- Carrots
- Celery
- Corn
- Cucumber
- Eggplants
- Fresh Peas & Beans
- Garlic
- Herbs
- Hot Peppers
- Jicama
- Leafy Greens
- Lettuce
- Mushrooms
- Nopales (Cactus leaves)
- Onion
- Potatoes
- Root vegetables

Other Foods

- Baking Staples
- Beans
- Breads & Tortillas
- Broth
- Canned Goods
- Cheese
- Cornmeal
- Dried Fruit
- Eggs
- Fish & Shellfish
- Flour
- Juice
- Legumes
- Meat
- Milk
- Noodles
- Other Grains
- Pasta
- Poultry
- Pre-made Ingredients
- Ramen

Featured Recipe



Health Tip

"My toddler won't eat anything!"

Keep mealtime positive today - take deep breaths and remember that picky toddlers are very common.

Read more

More Health Tips

Fresh Peas & Beans



Foods Included

green beans, long bean, pea shoots, snow peas, peas

Description

Snow peas have edible flat pods and very small seeds, while sugar snap peas have larger and sweeter seeds and a thicker pod. Shapes vary from thin, such as the green beans, to wide.

Buy It

- Choose firm, deeply colored peas.
- Choose beans that are firm, not soft and wrinkled.

Learn about your local Farmer's Markets

Store It

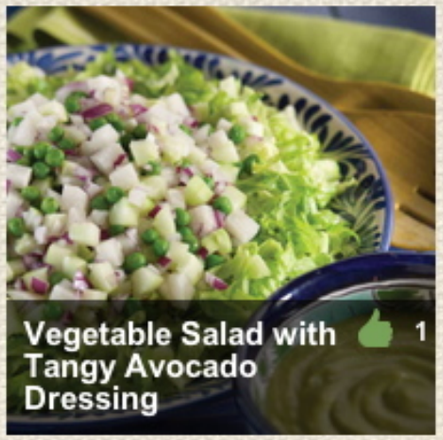
- Eat within 1-3 days after purchasing.

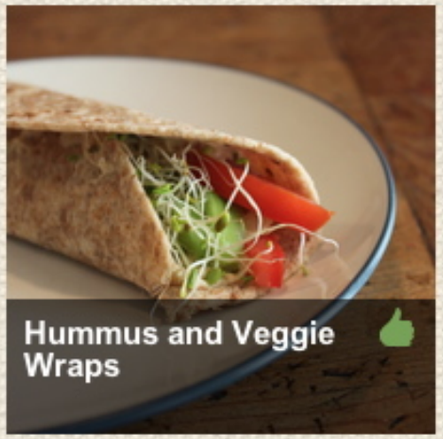
Cook It

- Steam these vegetables and be careful not to overcook them. You'll know they're overcooked if they're mushy.

Why It's Great

Recipes With This Food





More...

Poll

How many times do you exercise

What are your favorite ways to use leftover rice?

Log in or register to post comments Last post

3 posts / 0 new

Tue, 09/10/2013 - 12:58 #1

jen

What are your favorite ways to use leftover rice?

I never know what to do with my leftover rice. Anyone have ideas for something delicious?

Top

Log in or register to post comments

Mon, 09/23/2013 - 17:18 #2

adrienne

My favorite thing to do is

My favorite thing to do is fried rice. I take whatever veggies are left in my fridge, and cook them quickly in a little olive oil. Then I add the rice and mix around. Last, I push the veggies and rice to one side and crack an egg. I will season with a little soy sauce or salt and pepper to taste. Great for breakfast, lunch, or dinner.

Top

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Recipes | Healthy Lifestyle | Community | Discover Foods

Your County: San Diego (Not Right?) | MY RECIPES

Home » Healthy Lifestyle

Bulk foods are a great way to save money and try foods that are new.

Visit a store this week that sells bulk items.

Buying produce in season is good for your wallet, good for your body, and good for the planet.

Search for a favorite food on this website and see when it's in season.

Depending on the store, there might be some healthy choices offered.

Ask the owner of the store to carry foods you want to buy.

Don't be overwhelmed by the nutrition facts - choose one or two things to focus on.

Compare the sodium or sugar amounts of two versions of foods you eat frequently.

Farmers' Markets are a great way to stock up on fresh, local, and affordable produce each week.

Use this website to discover if there is a farmers' market near you.

Food code dates are often misleading.

Share this information with others who visit your local food pantry this week!

Broccoli and Cauliflower



Foods Included

Broccoli, Gai Lan (Chinese Broccoli), Cauliflower, Brussels Sprouts

Description

Most cruciferous vegetables are green with the exception of cauliflower, which may be white, purple, or orange. They are commonly bitter when raw and may taste sweeter after being cooked.

Buy It

- Choose broccoli with tight, green florets and firm stalks.
- Should feel heavy for its size.
- Brussels sprouts should be firm, compact, bright green, and free of yellow or wilted leaves.

Learn about your local Farmer's Markets

Store It

- Store broccoli and cauliflower unwashed in an open plastic bag in fridge. Don't store on the counter. Use in 1 week.
- Store brussels sprouts in the refridgerator in a container without a lid to keep for several weeks.

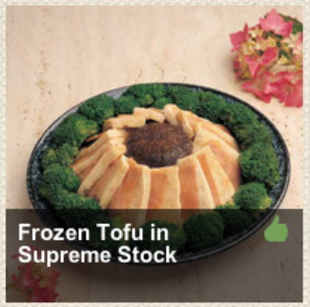
Cook It

- Rinse under running water; eat raw, steamed, roasted, or sauteed;
- Cut broccoli and cauliflower florets into uniform pieces for even cooking; steam for 3-4 minutes or simmer in 1 inch of boiling water for 3-4 minutes.
- Cooked broccoli should be bright green and tender-crisp; overcooked turns dark green and has lost nutrients.
- For brussels sprouts, remove stems and yellow/discolored leaves; steam; can be eaten as a snack seasoned with salt/pepper

Why It's Great

- High in Vitamin A
- Vitamin C
- Vitamin D
- Fiber
- Brussels Sprouts: Vitamin C, K, A, Folate, Potassium

Recipes With This Food



More...

Poll

How many times do you exercise each week?

- I never exercise
- 1 to 3 times
- 3 or more times

Vote

Farmer's Markets Near You

Your County: San Francisco
Alemany Farmer's Market
Castro Farmer's Market
Crocker Galleria
Divisadero Farmer's Market

San Francisco

Farmer's Markets

Filter by city

Apply

Alemany Farmer's Market
100 Alemany Blvd
San Francisco, CA 94110
http://sfgsa.org/index.aspx?page=1058
Hours & information:
Saturday 6:00am - 5:00pm
Accepts EBT

Castro Farmer's Market
288 Noe St.
San Francisco, CA 94114
http://www.pcfma.com/market_home.php?market_id=64
Hours & information:

SnapFresh

SnapFresh helps you find the closest places th
accept EBT cards (Food Stamps/SNAP).

General County Info

2-1-1 is a way to access community informatio
and referral services.

CalFresh Office
1235 Mission St. (between 8th and 9th)
San Francisco, CA 94103
(415) 558-1001
Monday through Friday, 8am - 5pm. Closed for
lunch from 12pm - 1pm. Closed legal holidays.

9:50 AM

eatFresh

Black Bean and Vegetable Quesadillas

- Serves: 6
- 45 Min
- Vegetarian
- Kid-friendly

17

+ Ingredients & Materials
+ Cooking Directions
+ Nutrition & Source Info

Text Email Save Share Print

Future Directions

- Integrate Forums with peer educators
- Text/Email/Print/Share nutrition messages
- Quizzes
- Increase mobile functionality
- Videos
- Expand translations
- Evaluation
- ADA

EatFresh Partners

- **Leah's Pantry**, a community-based organization specializing in nutrition education for CalFresh populations. Content management, moderator of forums, outreach to counties.

- **Civic Actions**, IT vendor, building and maintaining the website

- **San Francisco Human Services Agency**, CalFresh Program, project lead

- **Shasta County HHSA**, translating recipes, designing marketing materials, user acceptance testing (UAT)


Other people just like me are using this website too.
This website is easy to use. I found easy and cheap recipes.
I want to come back to this website.
Leah's Pantry
Leah's Pantry
Leah's Pantry