

## Shopping List: Fourth of July

### Fresh Produce

- 1 ½ large onion
- 6 ½ bell peppers (any color)
- 1 large watermelon
- 1 Jalapeno pepper
- 2 tablespoons fresh cilantro
- 1 large lime
- 1 ½ pounds red potatoes (about 8 potatoes)
- 1 tablespoon fresh parsley
- ½ cup green onions

### Dry Goods

- 1 (14 ½ ounce) can diced tomatoes
- 1 ½ cups low sodium black beans
- ½ cup barbecue sauce
- ½ cup light italian dressing
- ½ tablespoon spicy brown mustard
- 4 (15 ounce) juice packed peach slices
- 2 tablespoons cornstarch
- ¾ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour

### Dairy

- 2 ½ tablespoons butter

### Meat or Substitutes

- ¾ pound lean ground turkey

### Pantry Staples

- 1 teaspoon garlic powder
- 1 teaspoon garlic salt
- 1 teaspoon liquid smoke
- 1 teaspoon vegetable oil
- ¼ teaspoon ground black pepper
- 1 ½ teaspoons cinnamon
- 1 teaspoon vanilla
- non stick cooking spray

## BBQ Turkey in Pepper Shells

*These peppers will fire up your tastebuds!*

Makes 6 servings.  $\frac{1}{2}$  piece per serving.

Ready in 35 minutes.

### **Ingredients**

$\frac{3}{4}$  pound lean ground turkey

1 large onion, *peeled and chopped*

1 medium green bell pepper, *seeded and chopped*

1 (14 $\frac{1}{2}$ -ounce) can diced tomatoes, *no salt added*

1 $\frac{1}{2}$  cups low sodium canned black beans, *drained and rinsed*

$\frac{1}{2}$  cup barbecue sauce, *prepared*

1 teaspoon garlic powder

1 teaspoon liquid smoke

3 bell peppers (*any color*)

### **Directions**

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
6. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Nutrition information per serving: Total calories: 209 Total fat: 4g Saturated fat: 1g Carbohydrates: 28 g Protein: 17g Fiber: 7g Sodium: 404 mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*

## Herbed Potato Salad

*Fresh vegetables and a light vinaigrette give this salad a lively flavor!*

Makes 6 servings. ½ cup per serving.  
Ready in 20 minutes.

### **Ingredients**

1½ pounds red potatoes (about 8 potatoes), *cut into cubes*  
½ cup light Italian dressing  
½ tablespoon spicy brown mustard  
1 tablespoon fresh parsley *chopped*  
1 teaspoon garlic salt  
¼ teaspoon ground black pepper  
½ cup red bell pepper *chopped*  
½ cup green bell pepper *chopped*  
½ cup green onions *chopped*

### **Directions**

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, seasonings and whisk with fork; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Nutrition information per serving: Total calories: 132 Total fat: 4 g Saturated fat: 1 g  
Carbohydrates: 24 g Protein: 2 g Fiber: 4 g Sodium: 441 mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*

For more meal plans and recipes, visit <http://eatfresh.org>

## Watermelon Salsa

*A mouthwatering combination of sweet and zesty!*

Makes 8 servings. ½ cup per serving.

Ready in 15 minutes.

### **Ingredients**

3 cups watermelon, *seeded and chopped*

½ medium onion, *chopped*

½ red bell pepper, *chopped*

1 jalapeño pepper, *seeded and chopped*

2 tablespoons fresh cilantro, *chopped*

2 tablespoons lime juice

1 teaspoon vegetable oil

### **Directions**

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Total calories: 28 Total fat: 1 g Saturated fat: 0 g  
Carbohydrates: 6 g Protein: 1 g Fiber: 1 g Sodium: 2 mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*

## Peach Crumble

*A light and healthy dessert that takes just minutes to prepare!*

Makes 12 servings. ½ cup per serving.

Ready in 30 minutes.

### **Ingredients**

Non-stick cooking spray

4 (15-ounce) cans juice packed peach slices, *drained*

2 tablespoons cornstarch

1 teaspoon vanilla

1¼ teaspoons ground cinnamon

¾ cup old fashioned oats

¼ cup brown sugar

⅓ cup flour

2½ tablespoons butter

### **Directions**

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

Nutrition information per serving: Total calories: 139 Total fat: 3 g Saturated fat: 2 g Carbohydrates: 28 g Protein: 2 g Fiber: 3 g Sodium: 25 mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*