

featured

recipe



Skillet Green Beans & Peaches

Source: Deb Fry, CCE-Chemung County
Serving size: 1/2 cup
Servings per recipe: 5

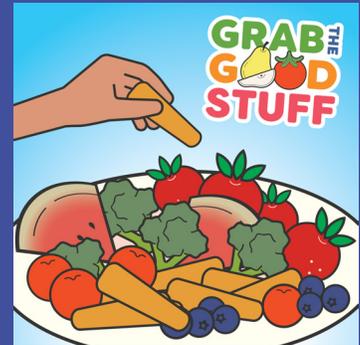
Ingredients

- 2 peaches, sliced and cut into chunks
- 1 pound trimmed green beans
- 1 Tbsp. olive oil
- Pinch of salt & pepper
- 1 Tbsp. raw unsalted sunflower seeds

Instructions

1. In a large bowl toss the green beans with oil, salt and pepper.
2. Heat skillet to medium high heat. Cook the green beans, stirring often, until beans are crisp-tender, 5-8 minutes.
3. Add peaches and continue to cook until peaches are lightly browned, 3-4 minutes.
4. Top with raw sunflower seeds & serve.

When they come home hungry, have fruits & veggies ready to eat.



What's the first thing you or your kids grab when you come home hungry? If you said chips, crackers, or energy bars, you are not the only one! Packaged snacks are easy and convenient. But why not make fruits and vegetables just as easy to grab, for both you and your kids?

For instance:

- Keep a bowl of fresh fruit on the kitchen table.
- Store sliced vegetables in the refrigerator in snack bags or clear containers and serve with dips like hummus or peanut butter.
- Make veggie kabobs using zucchini, cucumbers, bell peppers, and tomatoes.

To find other new ways to include veggies and fruits in meals and snacks, go to *GrabtheGoodStuff.org*.

Mary Lee Bourbeau

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*Assemble
chunks of fruit
on skewers for a
fruity kabob!*



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