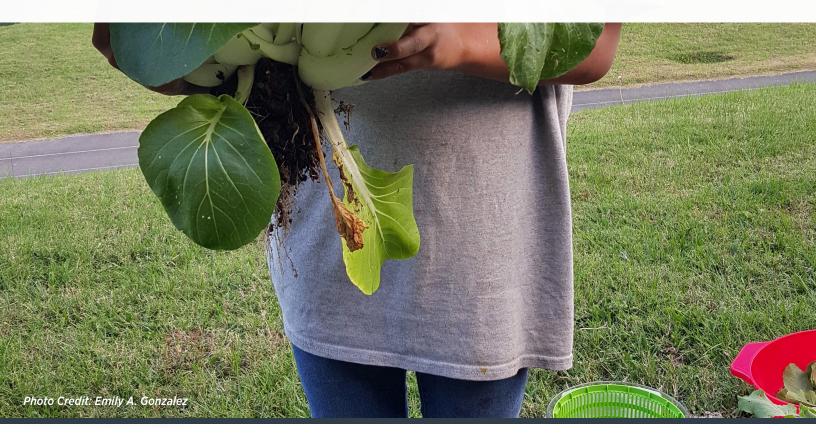


YOUTH GARDENING IN TENNESSEE: EASY RECIPES FOR YOUR HARVEST

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Simple Bok Choy Stir Fry

INGREDIENTS

- ½ cup almonds (whole or chopped) or sunflower seeds
- Fresh chives (10 stems)
- 3 cups of chopped bok choy
- 1 tablespoon canola or olive oil
- 2-3 tablespoons of teriyaki sauce (look for one with fresh garlic and ginger for extra flavor)

COOKING INSTRUCTIONS

- 1. Wash the bok choy and cut it into 1-inch pieces.
- 2. Cut the chives into small pieces.
- **3.** Heat the oil over medium heat in a large skillet or wok.
- 4. Add the almonds and chives.
- **5.** Add the white stem pieces of bok choy, stir and cook for 1-2 minutes. Add half of the teriyaki sauce.
- **6.** Then add the green, leafy pieces of bok choy and cook for another minute, adding the remaining teriyaki sauce.
- 7. Remove the pan from the heat, and serve and enjoy!

Amount Per Serv	/ing		
Calories 150	Calo	ries fron	n Fat 110
		% E	aily Value
Total Fat 12g		18%	
Saturated I	Fat 1g		5%
Trans Fat ()g		
Cholesterol	0mg		0%
Sodium 420r	ng		18%
Total Carboh	ydrate 6	6g	2%
Dietary Fib	er 3g		12%
Sugars 3g			
Protein 5g			
Vitamin A 50%	~ · `	Vitamin	C 40%
Calcium 10%	•	Iron 6%	
*Percent Daily Val diet. Your daily val depending on you	lues may be	e higher or	
Saturated Fat	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

Less than

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

2.400mg

300a

2,400mg

375a

300

Sodium

Total Carbohydrate Dietary Fiber

Nutrition Facts



Super Salad!

INGREDIENTS

Go to your garden and harvest the following:

- Arugula (spring or fall)
- Mini bell peppers (late summer to mid-fall)
- Cherry tomatoes (late summer to mid-fall)
- Kale (spring or fall)
- Leaf lettuce (spring or fall)
- Radishes (spring or fall)
- Strawberries (spring)

INSTRUCTIONS

Wash, chop and toss into a salad!

Additional salad toppings you might want to include: sunflower seeds, almonds, dried cranberries or raisins, crumbled cheese, salad dressing.

Kids agree that this is the best salad, ever!



Sweet Potato Sliders

2 SERVINGS



INGREDIENTS

- 1 medium-sized sweet potato or 2 small ones
- 1 tablespoon coconut oil
- Salt (Kosher or sea salt are especially tasty, but any salt will do fine.)

COOKING INSTRUCTIONS

- 1. Wash and slice sweet potatoes (with skin) into 1/8-inch to ¼-inch circular pieces.
- Heat the oil over low to medium heat. Note: coconut oil is delicious, but be careful not to overheat it or it will smoke!
- **3.** Add your sweet potato circles to the pan and sprinkle with a little salt. Be careful not to add too much or they will taste salty.
- **4.** Let the sweet potatoes brown lightly on each side, and once you can insert a fork into them easily and they feel like they're cooked through, remove the pan from the heat, serve and enjoy!

Serving Size (73g Servings Per Cor	g)		cts
Amount Per Serving	itali		
Calories 110	Ca	lories fron	n Eat 60
Calones 110	Οa		aily Value*
Total Fat 7g		/a Da	11%
Saturated Fat	6a		30%
Trans Fat 0g	- 3		
Cholesterol 0mg	1		0%
Sodium 330mg	,		14%
Total Carbohydr	ate	13a	4%
Dietary Fiber 2			8%
Sugars 3g	.9		
Protein 1g			
, j			
Vitamin A 180%	•	Vitamin (2%
Calcium 2%	•	Iron 2%	
*Percent Daily Values a diet. Your daily values depending on your cal	may l orie n	be higher or l eeds:	ower
Total Fat Less	ries: than	2,000	2,500
Saturated Fat Less Cholesterol Less	than than than than	20g 300mg	80g 25g 300mg 2,400mg 375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carboh	iydra	te 4 • Prot	ein 4

Seasonal Smoothies

INGREDIENTS

Smoothies are easy to make and you can try adding different ingredients to make your own favorite, tasty treat. What's more: smoothies made with fruits and veggies like spinach, kale, strawberries, bananas, peaches, mango, blueberries, raspberries and blackberries are also healthy! Some basic recipes include milk or soy, almond or coconut milk.

INSTRUCTIONS

Add your choice of milk, fruit (frozen works well), something green like kale or spinach, and a little dash of salt and vanilla in a blender. If you need to add a little sweetener to your smoothie, consider adding Stevia, honey, agave syrup or a little bit of sugar. To include protein in your smoothie, you can try adding a little Greek yogurt or whey protein. Blend until smooth and enjoy! If you're not using frozen fruit, you can add a few ice cubes to help thicken the smoothie and make it cold.



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