Produce On Wheels

**In your bag:**
- Broccoli
- Carrots
- Kale
- Zucchini

**Keep fresh:**
- Broccoli
- Carrots
- Kale
- Zucchini
- Green Pepper
- Red Apples
- Sweet Potatoes
- Onions
- Avocado

**Sweet Potatoes**
**Onions**
**Avocado**

**TURN OVER FOR RECIPE IDEAS**
Kale

Cut out stem
Chop up
Use in salad, soup, or add to mac & cheese

Make chips:
Drizzle leaves with 1 tablespoon oil & sprinkle with salt. Bake on sheet for 10 minutes in 350 degree oven.

Add your favorite spices or seasoning and eat with rice.

Can't use it this week?
Cut up and put in freezer bag. Add to soups or pasta sauces straight from freezer.

Go to www.donbosco.org for more ideas!