Produce On Wheels

In your bag:
- Sweet Potatoes
- Tomatoes
- Apples
- Zucchini
- Green Pepper
- Radishes
- Grapes
- Carrots
- Romaine Lettuce

Keep fresh:
- Green Pepper
- Radishes
- Zucchini
- Grapes
- Romaine Lettuce
- Carrots
- Sweet Potatoes
- Apples
- Tomatoes

TURN OVER FOR RECIPE IDEAS
Week of March 8-12

Not only do apples taste great, they also keep you healthy! Apples help with:

- heart & lung strength
- bone health
- weight loss
- immune system
- your brain (easing symptoms of Alzheimer's disease and age-related memory loss)

Raw radishes are great in salads, but did you know you can cook them, too? Cut radishes in half. Heat 1-2 tablespoons butter or oil butter in a skillet over low heat; arrange radishes, cut side-down, in the melted butter. Season with salt and black pepper. Cook, stirring occasionally, until radishes are browned and softened, about 10 minutes.

Try using lettuce leaves as a sandwich "wrap". They add crunch to tuna salad, or any kind of cooked filling like taco meat, or tofu & veggie stir-fry.

Go to www.donbosco.org for more ideas!