POW: LAST WEEK!

**In your bag:**
- Blueberries
- Carrots
- Red Peppers
- Apples
- Tomatoes
- Avocados
- Yellow Squash
- Eggplant
- Potato Russet

**Keep fresh:**
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- Avocados
- Apples
- Tomatoes
- Red Peppers
- Yellow Squash
- Blueberries
- Eggplant
- Carrots

TURN OVER FOR RECIPE IDEAS
Red Pepper Hummus

- 2 cloves garlic minced
- 1 (15 ounce) can garbanzo beans, drained
- ½ cup tahini
- ½ cup lemon juice
- ½ cup roasted red peppers
- ¼ teaspoon dried basil

In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and basil; process until the peppers are finely chopped. Season with salt and pepper. Transfer hummus to small bowl, cover and chill until you are ready to serve.

Tomatoes are loaded with a substance called lycopene. It gives them their bright red color and helps protect them from the ultraviolet rays of the sun. In much the same way, it can help protect your cells from damage. Tomatoes also have potassium, vitamins B and E, and other nutrients.

Fun Facts! Blueberries were called “star berries” by Native Americans because the five points of blueberry blossoms make a star shape. Also, they believed that the ‘Great Sprit’ created the berries to feed their hungry children during famine.

Go to www.donbosco.org for more ideas!