

# Healthy Choices

April 2024

## Commodities

Applesauce  
Mixed Fruit  
Diced Tomatoes  
Long Grain Rice  
Garbanzo Beans  
Cheddar Cheese  
Raisins  
Chicken Canned  
Ground Beef  
Tortillas  
American Cheese  
Green Beans  
Diced Peaches  
Cherries Sweet Pitted  
Mozzarella Cheese  
Mixed Vegetables  
Salmon Fillets

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Wildcat Extension District  
620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,  
Montgomery, Wilson Counties

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Southwind Extension District  
620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon,  
Neosho, Woodson Counties



## Citrus Salmon Fillets

4 Servings

### Ingredients

1 pound salmon (3-4 fillets), pat dry  
2 tablespoons vegetable oil  
1 red onion, chopped  
1 cup baby carrots (or sweet potato)  
1/4 cup parsley, chopped  
1 cup orange juice (divided)  
1 tablespoon honey  
Salt and pepper to taste



Source: Adapted from  
USDA MyPlate

### Directions

Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In an oven safe skillet, heat oil on medium high heat.
3. Add onion, carrots (or sweet potato), parsley, and 1/2 cup of orange juice. Cook 5-8 minutes.
4. In a small bowl, mix 1/2 cup orange juice and honey.
5. In center of skillet, add salmon fillets and season with salt and pepper.
6. Pour orange juice and honey mixture over top.
7. Bake entire skillet in oven 16-18 minutes or until fish is flakey.

**Nutrition Information:** Total Calories 333, Total Fat 19g, Cholesterol 61mg, Sodium 97mg, Carbohydrates 18g, Fiber 2g, Total Sugars 13g, Protein 22g

# Seasonal Savings

As the days heat up and the sun is in the sky longer, one might say that Spring has sprung. Now, whether you trust the groundhog's seasonal wisdom or not, there is no denying that many are eager for Spring to arrive. Lots of great things come with springtime: longer days full of sunshine, perfect walking weather, and the start of spring seasonal produce! Personally, spring seasonal produce is my favorite!

Are you someone who limits your produce at the store because you think it's too expensive? Purchasing your produce in the right season assures you are getting the best **price, flavor, and nutrition.**

## Spring/Early Summer Produce:

Mid to late April – arugula, asparagus, lettuce, plants, radish, salad mix, spinach, scallions, mushrooms.

Early to mid-May – asparagus, brussels sprouts, lettuce, scallions, spinach, radish.

Mid to late May – brussels sprouts, arugula, gooseberries, collards, onions, peas, rhubarb, lettuce, scallions, spinach.

Early to mid-June – cauliflower, arugula, collards, green onions, kohlrabi, rhubarb, turnips, endive, gooseberries, apricots, arugula, bok choy, cherries.

Mid to late June – apricots, beets, cabbage, carrots, cauliflower, cherries, kohlrabi, strawberries, broccoli, potatoes, turnips, chard.

Early to mid-July – apricots, beets, broccoli, blueberries, carrots, cauliflower, summer squash, chard, tomatoes, elderberry, fennel, broccoli, leeks, bok choy, cantaloupe, cabbage, cucumbers, eggplant, nectarines, peaches, pears, peppers, plums, potatoes, raspberries, strawberries, honey, kohlrabi, turnip.

For more information, please contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, [kd Pinto@ksu.edu](mailto:kd Pinto@ksu.edu) or 620-232-1930.



**Katherine Pinto**  
EFNEP/SNAP-Ed Agent  
Wildcat Extension District  
620-232-1930



## Ingredients:

1/4 cup butter, soften

3/4 cup sugar

1 large egg

1 cup all-purpose flour

3 tablespoon baking cocoa

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

1 cup applesauce

## Topping

1/2 cup chocolate chips

1/2 cup chopped walnuts or pecans

1 tablespoon sugar

## Applesauce Brownies

## Directions:

1. Wash hands with soap and water.
2. In a large bowl, cream butter and sugar. Beat in eggs. Combine the flour, cocoa, baking soda and cinnamon; gradually add to creamed mixture and mix well. Stir in applesauce. Pour into a 8-inch square baking pan coated with cooking spray.
3. Combine topping ingredients; sprinkle over batter. Bake at 350 degrees for 25 minutes or until toothpick inserted in the center comes out clean. Cool on a wire rack. Cut into squares.



**Nutrition Information:** 1 brownie 154 calories, fat 7g, cholesterol 21mg, sodium 65mg, carbohydrate 22g, sugar 15g, fiber 1g, protein 2g

*Source:* Adapted from Taste of Home