

COOL BEANS!



Beans are one of the few plants that help give back to the soil by producing nitrogen!

Did you know...

In Colorado...

Pinto Beans are the most popular type of bean grown in the state! Dove Creek, Colorado is considered the Pinto Bean Capital of the world!



Pinto Bean Nachos

Ingredients:

- 1 large bag of tortilla chips
- 1 TBSP vegetable oil
- 2 tsp ground cumin
- 1 tsp chili powder
- 2 garlic cloves, minced
- 2 15 oz cans pinto beans, undrained
- 1 cup (8 oz) crumbled queso fresco
- 1 cup bottled salsa
- 1 cup diced peeled avocado
- 6 TBSP chopped fresh cilantro

Directions:

1. Heat oil in a medium saucepan over medium-high heat. Add cumin, chili powder, and garlic; cook for 30 seconds, stirring constantly.
2. Add pinto beans, and bring to a boil, stirring frequently. Reduce heat to medium, simmer 10 minutes.
3. Partially mash bean mixture with a potato masher until slightly thick.
4. Place chips on plates. Spoon bean mixture evenly over tortilla chips on each plate; top each serving with queso fresco, salsa, and avocado. Sprinkle each serving with 1 tablespoon cilantro.

Beans are rich in fiber, which is essential for gut health!



HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org



CRUNCHY, CRISPY, COLORADO CARROTS!

Carrot Fries

Ingredients:

- 3 large carrots, peeled, and cut into equally sized quarter-inch thick strips
- 1 1/2 TBSP olive oil
- 1 tsp dried thyme
- 2 cloves garlic, minced
- 2 TBSP Parmesan, grated
- Salt and pepper

Directions:

1. Preheat the oven to 425 degrees F.
2. Arrange the carrot strips on a baking sheet. Coat the tops of each strip with the olive oil. Sprinkle the thyme and garlic over the fries. Season with salt and pepper.
3. Cook the fries about 10-12 minutes. Sprinkle the fries with Parmesan.
4. Serve hot and enjoy!

LoProCO



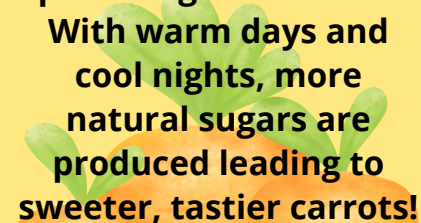
NUTRITION ALERT



Carrots are one of the richest sources of **Vitamin A** on the planet! (This keeps your eyes super strong!)

Did you know...

The Rocky Mountains are actually a great place to grow carrots! With warm days and cool nights, more natural sugars are produced leading to sweeter, tastier carrots!



HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

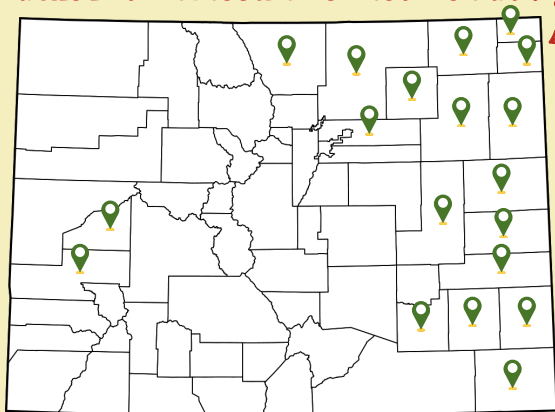
FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org

WHERE IN COLORADO IS CORN GROWN?



Did You Know...

**An ear of corn
usually contains 800
kernels!**

**Corn is actually both
a grain and a fruit,
not a vegetable!**

COLORADO SWEET CORN

Esquites (Mexican Street Corn Salad)

INGREDIENTS:

- 4 cups of fresh sweet corn, off the cob
- 1 TBSP vegetable oil
- 6 TBSP of mayo or Greek yogurt
- Juice of 1 lime
- 1 clove of garlic, minced
- 1/2 tsp chili powder, 1/4 tsp smoked paprika, 1 jalapeno, seeded and finely diced
- 1/2 cup cotija cheese
- 1/4 cup cilantro, chopped
- Salt and pepper to taste

DIRECTIONS:

1. Char corn on the cob on the grill or kernels off the cob in a skillet with oil.
2. In a large bowl, whisk together the mayo, Greek yogurt, lime juice, garlic, chili powder, smoked paprika, salt, and pepper. Stir in jalapeno, corn, cotija cheese, and cilantro.
3. Refrigerate until chilled.
4. Optional – garnish with smoked paprika to serve.

HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org



Crazy for Cucumbers!



Did You Know...

"Cool as a cucumber" -

A term originating from the inner temperature of a cucumber being up to 20°F cooler than the outside air temperature due to high water content (90-95%).

HOMEMADE PICKLES!

INGREDIENTS:

- 1 medium to large cucumber
- 1/2 cup room temp water
- 1/2 cup Rice Vinegar
- 1 1/2 TBSP maple syrup or sugar
- 1 1/2 tsp salt
- 1 1/2 tsp of freshly ground black pepper
- 2 leafy sprigs of fresh dill, roughly chopped (about 1/4 cup)
- 2 cloves garlic, peeled and smashed

DIRECTIONS:

1. Slice your cucumbers to create spears. Set aside.
2. In a bowl, combine the water, vinegar, maple syrup, salt, and black pepper. Stir and set aside.
3. Place the cucumbers into a wide-mouth jar, tall enough to offer at least one inch of extra space on top.
4. Top the cucumbers with the dill and garlic. Pour all of the liquid over the cucumbers so they're fully submerged. Cover and refrigerate for at least 3 hours.

LoProCO

NOURISH
COLORADO
Transforming Food Systems

HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org

IN COLORADO, ALMOST ALL MELONS
ARE GROWN IN THE ARKANSAS
RIVER VALLEY!

Melon

NOURISH
COLORADO
Transforming Food Systems

LoProCO



Summer Tomato Cantaloupe Salad

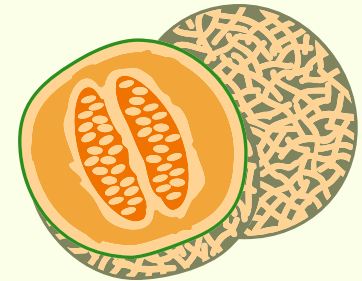
INGREDIENTS:

- 1/2 cup thinly sliced cucumber
- 1/2 cup cherry tomatoes
- 1/4 medium red onion (thinly sliced)
- 1 TBSP olive oil
- 2 tsp apple cider vinegar
- 1 pinch each sea salt + black pepper
- 3 TBSP lime juice
- 1 TBSP maple syrup
- 1 pinch sea salt
- 3 heaping cups cantaloupe (cubed)
- 2 TBSP fresh mint

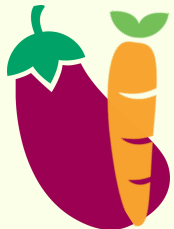
DIRECTIONS:

1. Add cucumber, tomato, and onion to a small mixing bowl and top with apple cider vinegar, salt, pepper, and half of the olive oil. Toss to combine.
2. Next, prepare dressing by adding lime juice, maple syrup, and sea salt to a small mixing bowl. Whisk to combine. Then slowly stream in the second half of the olive oil while whisking to mix all ingredients together.
3. Add cantaloupe to a large serving bowl and top with dressing. Gently toss to mix. Then add the cucumber-tomato-onion salad on top.
4. Gently toss to combine, and garnish with fresh mint. Serve.

MELONS ARE FULL OF WATER AND
NUTRIENTS, MAKING THEM AN AWESOME
HEALTHY SNACK!



HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

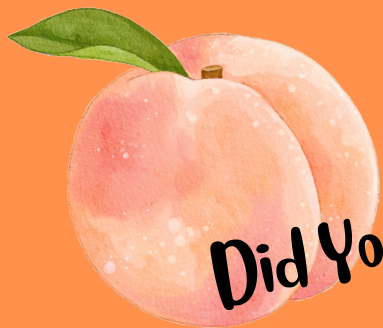
FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org

Peaches



Did You Know...

scientists still don't know why peaches have a fuzzy skin, but many believe it's to deter insects and pests, keeping the fruit fresh and appealing!



PEACH FROZEN YOGURT

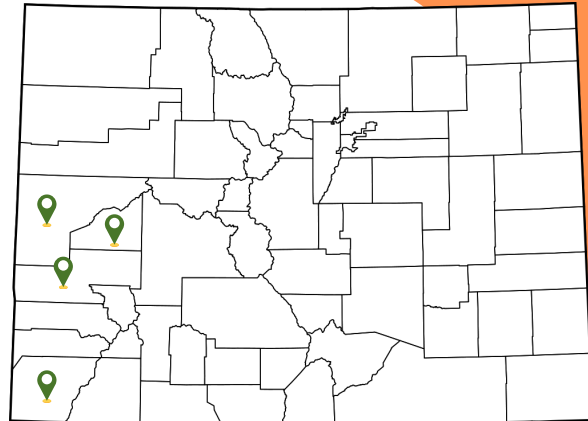
Ingredients:

- 4 cups fresh Colorado peaches, frozen
- 3 TBSP honey
- 1/2 cup Greek yogurt
- 1 TBSP lemon juice

Directions:

1. Slice peaches into sections. Store in airtight bag and freeze overnight.
2. Add all ingredients to a food processor or blender. Blend until creamy.
3. Serve immediately and add your favorite toppings such as chocolate chips, coconut, granola, etc., or store in the freezer in an airtight container.

Where in Colorado Are Peaches Grown?



HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

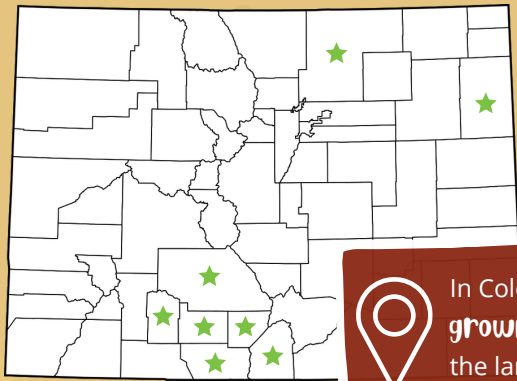
If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A PARTICIPATING LOCATION AT

DoubleUpColorado.org

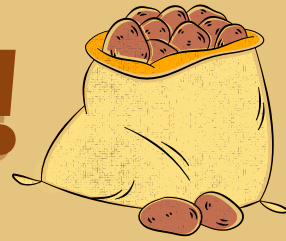
Have questions?

720.573.3617 | DoubleUp@NourishColorado.org



★ Counties in the San Luis Valley

Potatoes!



In Colorado, most potatoes are grown in the **San Luis Valley**, the largest alpine valley on Earth!

Did you know...

There are over 70 unique varieties of Colorado potatoes!



Potatoes are actually still alive when you purchase them?

gasp

Don't worry! It doesn't have any impact on your body, but if you put a potato in the ground after purchasing, it might grow!

Roasted Balsamic Potatoes

Ingredients:

- 2 lbs small potatoes, cut into wedges
- 2 TBSP vegetable oil
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 1/4 cup balsamic vinegar
- Salt and pepper

Directions:

1. Preheat oven to 425°F.
2. Toss potatoes in oil and seasonings.
3. Roast 25 minutes, stirring halfway.
4. Drizzle with vinegar; roast until potatoes are tender, 5-10 minutes.

HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org

Colorado QUINOA



Black Bean Quinoa Chili

Ingredients:

- 1 medium yellow onion
- 3 cloves garlic
- 2 TBSP vegetable oil
- ½ cup dry quinoa
- 1 cup water
- 3 15 oz cans black beans
- 2 28 oz cans diced tomatoes
- 6 oz tomato paste
- 1 1/2 cups frozen corn
- 1 TBSP yellow mustard
- 1 TBSP Worcestershire sauce
- 2 TBSPs each chili powder & oregano
- 1 TBSP each garlic powder & cumin
- 1 ½ tsp kosher salt
- 1 tsp smoked paprika

Directions:

1. Dice the onion. Mince the garlic.
2. In a large pot or Dutch oven, heat the oil over medium heat. Add the onions and garlic and sauté for 5 to 7 minutes, until tender.
3. Add all other ingredients except for the smoked paprika. Simmer for 25 minutes, then stir in the smoked paprika.
4. Serve immediately with toppings of your choice.

In Colorado, quinoa is only grown in the **San Luis Valley!**

Nutrition Alert!

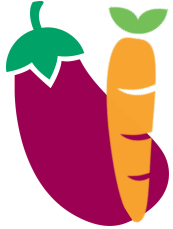
Quinoa is one of the most powerful sources of plant protein on the planet!

Did you know...

Quinoa is actually more environmentally friendly than wheat and rice because it uses significantly less water!



HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org

COLORADO TOMATOES



DID YOU KNOW...

 * The scientific name for tomatoes is *Lycopersicon*, which means *wolf peach!* *

.....
 Tomatoes are a part of the Solanaceae, or nightshade, family. This means that tomatoes are related to peppers, potatoes, and eggplants!

The BEST BRUSCHETTA

Ingredients:

- 1 loaf French bread, cut into 1/4-inch slices
- 1 TBSP vegetable oil
- 8 roma (plum) tomatoes, diced
- 1/3 cup chopped fresh basil
- 1 oz Parmesan cheese, freshly grated
- 2 cloves garlic, minced
- 1 TBSP good quality balsamic vinegar
- 2 tsp extra-virgin olive oil
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper



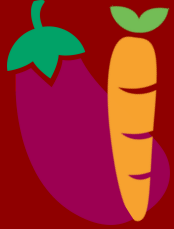
Directions:

1. Preheat oven to 400°F.
2. Brush bread slices on both sides lightly with 1 tablespoon oil and place on large baking sheet. Toast bread until golden, 5 to 10 minutes, turning halfway through.
3. Toss together tomatoes, basil, Parmesan cheese, and garlic in a bowl. Mix in balsamic vinegar, 2 teaspoons olive oil, kosher salt, and pepper.
4. Spoon tomato mixture onto toasted bread slices and serve immediately.

NUTRITION ALERT!

- Contains Vitamin C, Potassium, Vitamin K1, and Folate
- Full of antioxidants
- Improves skin and heart health

HAVE AN EBT CARD?



GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

95+ LOCATIONS

If you have an EBT card, you can use Double Up at farmers markets, farm stands, & grocery stores across Colorado.

FIND A
PARTICIPATING
LOCATION AT

DoubleUpColorado.org

Have questions?

720.573.3617 | DoubleUp@NourishColorado.org