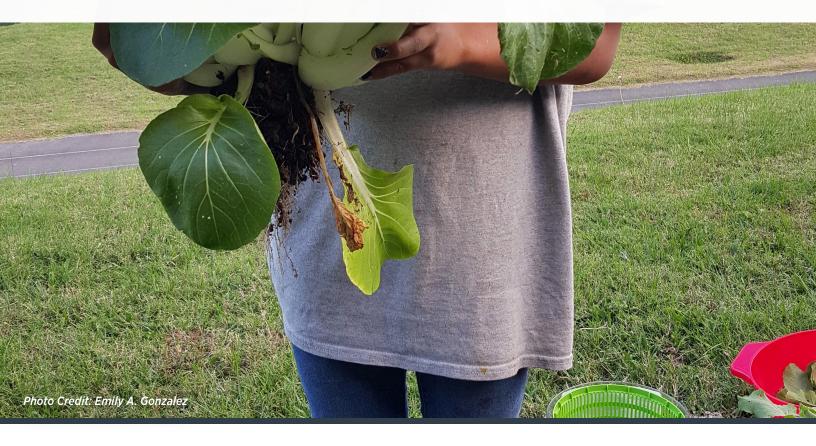


YOUTH GARDENING IN TENNESSEE: EASY RECIPES FOR YOUR HARVEST

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Simple Bok Choy Stir Fry

INGREDIENTS

- ½ cup almonds (whole or chopped) or sunflower seeds
- Fresh chives (10 stems)
- 3 cups of chopped bok choy
- 1 tablespoon canola or olive oil
- 2-3 tablespoons of teriyaki sauce (look for one with fresh garlic and ginger for extra flavor)

COOKING INSTRUCTIONS

- 1. Wash the bok choy and cut it into 1-inch pieces.
- 2. Cut the chives into small pieces.
- 3. Heat the oil over medium heat in a large skillet or wok.
- 4. Add the almonds and chives.
- **5.** Add the white stem pieces of bok choy, stir and cook for 1-2 minutes. Add half of the teriyaki sauce.
- **6.** Then add the green, leafy pieces of bok choy and cook for another minute, adding the remaining teriyaki sauce.
- 7. Remove the pan from the heat, and serve and enjoy!

Super Salad!

INGREDIENTS

Go to your garden and harvest the following:

- Arugula (spring or fall)
- Mini bell peppers (late summer to mid-fall)
- Cherry tomatoes (late summer to mid-fall)
- Kale (spring or fall)
- Leaf lettuce (spring or fall)
- Radishes (spring or fall)
- Strawberries (spring)

INSTRUCTIONS

Wash, chop and toss into a salad!

Additional salad toppings you might want to include: sunflower seeds, almonds, dried cranberries or raisins, crumbled cheese and salad dressing.

Kids agree that this is the best salad, ever!

Serving Size Servings Per	(86g)		cts	
Amount Per Ser	ving			
Calories 150) Calo	ries from	Fat 110	
		% Da	aily Value*	
Total Fat 12	g		18%	
Saturated Fat 1g				
Trans Fat 0g				
Cholesterol 0mg 0%				
Sodium 420mg				
Total Carbo	hydrate	6g	2%	
Dietary Fil	12%			
Sugars 3g	I			
Protein 5g				
Vitamin A 50	%•	Vitamin (2 40%	
Calcium 10%	б •	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	





Sweet Potato Sliders

2 SERVINGS



INGREDIENTS

- 1 medium-sized sweet potato or 2 small ones
- 1 tablespoon coconut oil
- Salt (Kosher or sea salt are especially tasty, but any salt will do fine.)

COOKING INSTRUCTIONS

- 1. Wash and slice sweet potatoes (with skin) into 1/8-inch to 1/4-inch circular pieces.
- Heat the oil over low to medium heat. Note: coconut oil is delicious, but be careful not to overheat it or it will smoke!
- **3.** Add your sweet potato circles to the pan and sprinkle with a little salt. Be careful not to add too much or they will taste salty.
- **4.** Let the sweet potatoes brown lightly on each side, and once you can insert a fork into them easily and they feel like they're cooked through, remove the pan from the heat, serve and enjoy!

Nutrition Facts

Servings Per	Containe	er		
Amount Per Ser	ving			
Calories 150) Calor	ies from	Fat 110	
		% Da	aily Value*	
Total Fat 12g			18%	
Saturated Fat 1g			5%	
Trans Fat	0g			
Cholesterol 0mg			0%	
Sodium 420mg			18%	
Total Carbohydrate 6g 29				
Dietary Fiber 3g			12%	
Sugars 3g	I			
Protein 5g				
Vitamin A 50	% • V	/itamin (2 40%	
Calcium 10%	6 • I	ron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Seasonal Smoothies

INGREDIENTS

Smoothies are easy to make and you can try adding different ingredients to make your own favorite, tasty treat. Smoothies made with fruits and veggies like spinach, kale, strawberries, bananas, peaches, mango, blueberries, raspberries and blackberries are also healthy! Some basic recipes include milk or soy, almond or coconut milk.

INSTRUCTIONS

Add your choice of milk, fruit (frozen works well), something green like kale or spinach, and a little dash of salt and vanilla in a blender. If you need to add a little sweetener to your smoothie, consider adding Stevia, honey, agave syrup or a little bit of sugar. To include protein in your smoothie, you can try adding a little Greek yogurt or whey protein. Blend until smooth and enjoy! If you're not using frozen fruit, you can add a few ice cubes to help thicken the smoothie and make it cold.



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