

Healthy Times

Brought to you by the Family Nutrition Program in partnership with the University of Florida Institute of Food and Agricultural Sciences

Enjoy Your Local Farmers Market

Local farmers markets are great places to purchase quality produce and talk with your local farmers. Not only are farmers markets generally less expensive than grocery stores, but they support local growers and strengthen our community.

Here are some additional reasons to visit your local farmers market:

- Freshly picked, in season produce is at its peak in flavor and nutrition.
- Farmers markets offer foods that align with MyPlate guidelines.
- **SNAP and WIC benefits are accepted at some farmers markets.** Did you know that the Cape Coral Farmers Market at Cape Harbour accepts SNAP benefits? They participate in a program called, "**Fresh Access Bucks**" that doubles your SNAP benefits up to \$20. The market is located at 5789 Cape Harbour Dr., Cape Coral. This particular market is open during May-September from 8:00 am– 1:00 pm.
- **It's a great way to get your kids involved to try new foods!** Let them pick out a new food to try, then they can help prepare a meal or snack.

Although farmers markets typically run October-April, a couple of markets are open year round in Lee County. These markets do not accept SNAP and WIC benefits but they are still great options to purchase locally grown foods and support the local economy.

River District Farmers Market: First Street in the Centennial Park parking lot under the U.S. 41 Caloosahatchee Bridge near downtown Fort Myers

Alliance for the Arts GreenMarket: 10091 McGregor Blvd, Fort Myers, FL 33919



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Check out this farmers market haul that our Office Assistant purchased at the Cape Coral Farmers Market at Cape Harbour!

Taco Makeover

Meatless Monday has become very popular!

Did you know that having one day of the week where you don't eat meat can be budget friendly and healthy?

There are many meals that you could prepare without meat, but we think that this taco recipe is extra delicious.

This recipe will be ready to eat in less than 30 minutes, making it perfect for after a busy day. By the time the quinoa is done cooking, you can have all of the other ingredients prepared and ready to go.



You might like these tacos so much that they become your Meatless Monday and Taco Tuesday mealtime favorites.

Quinoa and Black Bean Tacos (Makes 10-12 tacos)

Cook quinoa as directed on the package. (Place 1 cup of quinoa and 2 cups water in a medium pot and bring to a rolling boil. Once boiling, cover and reduce heat to medium-low. Simmer for 15 minutes. Remove pan from heat and let sit for 5 minutes).

While the quinoa is cooking, rinse the black beans, even if you purchased low sodium beans. Place beans in a large mixing bowl. Chop the cilantro and add to bowl with the beans. Dice the tomato, cucumber, and jalapeno. Add diced ingredients to the mixing bowl. Squeeze juice of the lime into the bowl and mix all of the ingredients together.

Prepare any of the additional toppings you would like to have on your tacos.

After the quinoa has finished cooking and has been able to rest for 5 minutes, start assembling your tacos!

Place a spoonful of quinoa onto your whole grain tortilla, followed by the black bean mix, then top with your favorite toppings. **Enjoy your taco makeover! These tacos are so tasty, we can't expect you to limit yourself to just one!**

We priced all of the ingredients at Publix with the grand total amounting to \$11.00 (not including optional toppings).

Considering you can make up to 12 tacos with this recipe, that is about 92 cents per taco!

Ingredients:

- 1 can low sodium black beans (rinsed)
- 1 tomato (diced)
- 1 bunch cilantro (chopped)
- 1 cucumber (diced)
- 1 small red onion (diced)
- 1 cup cooked quinoa
- 1 jalapeno (diced)
- 1 lime
- Small whole grain corn tortillas

Optional toppings:

- Low fat cheese/sour cream
- Avocado
- Salsa