



Second Harvest
FOOD BANK
OF CENTRAL FLORIDA

FAMILY TABLE

Nutritious Meals to Bring Everyone Together





FAMILY TABLE

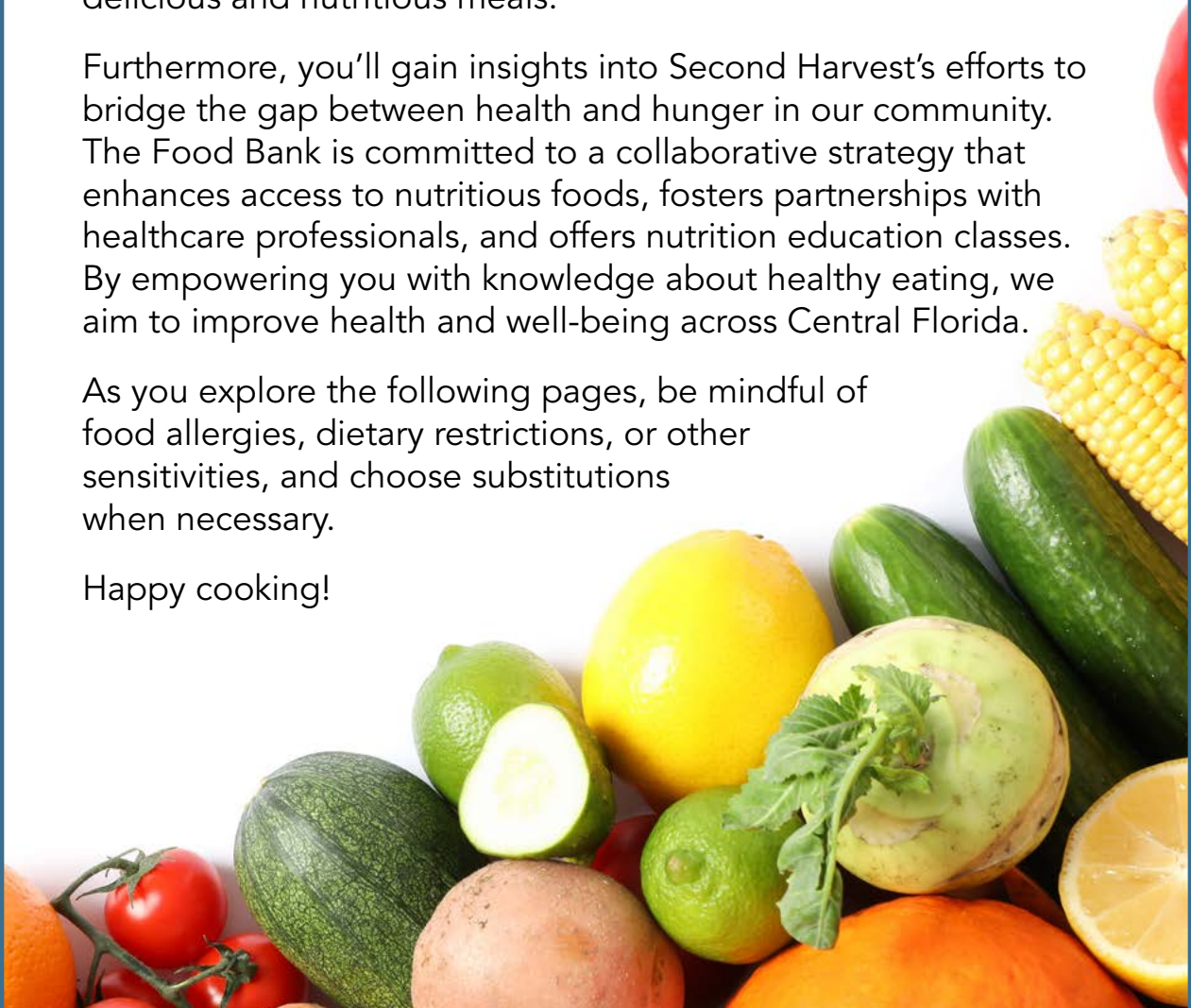
Nutritious Meals to Bring Everyone Together

Second Harvest Food Bank of Central Florida is proud to share this collection of recipes with you. On the following pages, you will find simple meals that inspire and encourage you to try new foods, prepare fresh produce with simple techniques, and enjoy delicious and nutritious meals.

Furthermore, you'll gain insights into Second Harvest's efforts to bridge the gap between health and hunger in our community. The Food Bank is committed to a collaborative strategy that enhances access to nutritious foods, fosters partnerships with healthcare professionals, and offers nutrition education classes. By empowering you with knowledge about healthy eating, we aim to improve health and well-being across Central Florida.

As you explore the following pages, be mindful of food allergies, dietary restrictions, or other sensitivities, and choose substitutions when necessary.

Happy cooking!



Two Bean and Corn Salad

READY IN 10 minutes

SERVINGS 10

Ingredients

- 1/3 cup vegetable oil
- 2 Tbsp balsamic vinaigrette
- 1 tsp cumin
- 15 oz. black beans canned, drained, rinsed
- 15 oz. great northern beans canned, drained, rinsed
- 3 stalks celery chopped
- 2 cups corn frozen, thawed
- 1 red bell pepper medium, chopped
- 1 cup red onion, chopped
- 1/3 cup cilantro fresh, chopped
- 2 jalapeño peppers small, seeded and chopped (optional)



Directions

In a large bowl, whisk oil, vinegar, and cumin. Add remaining ingredients and toss to coat.

Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.

Nutrition Facts

Calories: 227

Fat: 8 g

Sodium: 334 mg

Carbohydrates: 31 g

Recipe courtesy EatFresh. California Department of Social Services

ABOUT HEALTH & HUNGER

Access to Nutritious Foods

Second Harvest is committed to ensuring the food available to our neighbors is nutritious by working with local farmers, vendors, retail partners and food donors to provide the community with fresh produce and nutrient-dense foods. Second Harvest is positively impacting health and nutrition by prioritizing access and building the capacity of local feeding partners to store and distribute nutritious foods.



ABOUT HEALTH & HUNGER

Healthcare Partnerships

Second Harvest connects with healthcare practitioners across Central Florida, including hospital systems, free and charitable clinics, federally funded health

centers, and local medical practices to encourage food insecurity screening and intervention.

Working together to provide screening and referral to local

feeding partners ensure that patients experiencing food insecurity and who need support to improve food-related chronic illnesses have access to food resources.



Quesadillas with Vegetables

READY IN 15 minutes

SERVINGS 4

Ingredients

- ½ cup green bell peppers, chopped
- ½ cup corn, fresh
- ½ cup green onion, chopped
- ½ cup tomato, chopped
- 2 Tbsp fresh cilantro, cut and discard bottom two inches of stems, chopped
- 8 corn tortillas
- 1 cup monterey jack cheese, shredded

Directions

In a skillet, over medium heat: cook corn kernels and bell pepper until soft, about 5 minutes.

Add green onions and tomato, continue to cook for 1-2 minutes, until tomato is soft.

Turn heat off and add cilantro. Preheat a large skillet or a comal over medium-high heat. Heat tortillas on the skillet/comal just enough to make them soft.

Place equal parts of cheese and vegetables on each tortilla, fold in half and continue to cook until cheese melts and tortillas are crispy and golden brown. Remember to turn quesadillas over to prevent from burning. Serve warm.

Nutrition Facts

Calories: 250

Fat: 10 g

Sodium: 260 mg

Carbohydrates: 30 g



Veggie Skillet

READY IN 25 minutes

SERVINGS 8

Ingredients

- | | |
|---|--------------------------------|
| 5 ½ cups eggplant, cubed
(1 medium eggplant) | 1 tsp salt |
| 4 tomatoes, chopped | ¼ tsp black pepper |
| 1 green pepper, chopped | 3 Tbsp vegetable oil |
| 1 onion, chopped | 1 clove garlic |
| | 2 Tbsp Parmesan cheese, grated |

Directions

Remove the skin from the eggplant. Cut the eggplant into cubes. Chop the tomatoes into small pieces.

Cut the green pepper in half. Remove the seeds and cut it into small pieces.

Chop the onion into small pieces.

Cut the garlic into tiny pieces.

Cook the first 8 ingredients in a large skillet until tender.

Top with the Parmesan cheese and serve.

Nutrition Facts

Calories: 84

Fat: 6 g

Sodium: 313 mg

Carbohydrates: 8 g



ABOUT HEALTH & HUNGER

Nutrition Education

In partnership with Florida Nutrition Ed, Second Harvest offers nutrition education classes to help SNAP-eligible Florida residents incorporate more nutritious foods into their diet, adopt an active lifestyle, prevent chronic disease, manage a healthy weight and improve their quality of life.

The program provides free nutrition education classes on a wide range of topics. Classes are available for various age groups, such as youth/teens, families with children, adults and seniors.

Find a class at floridanutritioned.org.

Community Resources

Locate a food pantry, get help with SNAP Benefits, learn about career training opportunities, and access other programs and services across Central Florida. Visit [FeedHopeNow.org/need](https://www.feedhopenow.org/need) to find resources near you.



Roasted Brussels Sprouts

READY IN 25 minutes

SERVINGS 6

Ingredients

- 6 cups Brussels sprouts
- 1 Tbsp vegetable oil
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 1 tsp lemon juice

Directions

Preheat oven to 400 °F. Wash and trim Brussels sprouts. Cut large Brussels sprouts in half from top to bottom; leave small Brussels sprouts whole.

In a large bowl, toss Brussels sprouts with the oil, salt, and pepper.

Place Brussels sprouts in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.



Roast for 20 to 30 minutes, stirring once after 10 to 15 minutes. Sprouts should be tender and browned.

Remove from oven and drizzle with lemon juice.

Tip: Try adding other seasonings with the lemon juice

Nutrition Facts

Calories: 58
Fat: 3 g
Sodium: 72 mg
Carbohydrates: 8 g

such as red pepper flakes or parmesan cheese.

Recipe courtesy of MyPlate.gov

Mango Chicken Wraps

READY IN 30 minutes

SERVINGS 4

Ingredients

2 ripe mangos, peeled, pitted, and diced

1 ½ cups chicken breast, roasted and chopped

2 green onions, sliced

2 Tbsp fresh basil, chopped

½ red bell pepper, chopped

1 ½ cups Savoy or Napa cabbage, shredded

2 medium carrots, grated

⅓ cup fat-free cream cheese

3 Tbsp natural creamy peanut butter, unsalted

2 tsp low-sodium soy sauce

4 8-inch whole-wheat tortillas



Directions

Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.

In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.

To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.

To serve, cut each wrap in half. If not serving immediately, refrigerate; keeps well overnight.

Recipe courtesy of MyPlate.gov

Nutrition Facts

Calories: 440

Fat: 12 g

Sodium: 570 mg

Carbohydrates: 57 g



Get involved

Your support translates into nutritious food and hope for Central Florida kids, families and seniors facing hunger.

Find ways to get involved at

[FeedHopeNow.org](https://www.feedhopenow.org).