

Zucchini

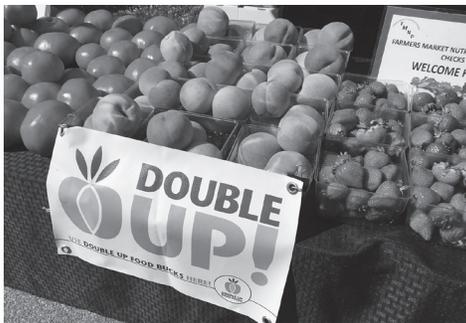
Fun at the Park

Visit a park while the weather is still nice. If the trails, ponds and play sets aren't enough to keep you busy, build a fort with large sticks against a fallen tree or large rock. In grassy areas, build a nest with fresh-cut grass, leaves and twigs. Find more things to do in a park at www.traveliowa.com. #99Parks



Double Your Money

You can double your money, up to \$10 per day, for fresh fruits and vegetables at farmers markets, Fareway® and food co-ops. Find Double Up Food Bucks locations at <http://www.iowahealthieststate.com/resources/communities/double-up-food-bucks/locations/>.



Storybook Orchards stand at Beaverdale Farmers Market.

**Fuel
your
fun**

Eat fruits
and veggies.



Cheesy Beef Pasta

Ingredients

- ◆ 1 lb. lean ground beef
- ◆ 1 sm. onion, diced (1 cup)
- ◆ 1 tsp. minced garlic or ½ tsp. powder
- ◆ 1 sm. zucchini, chopped (1 ½ cups)
- ◆ 24 oz. tomato-based pasta sauce
- ◆ 1 tsp. Italian seasoning
- ◆ ¼ tsp. red pepper flakes (opt.)
- ◆ 16 oz. box rotini pasta
- ◆ ½ cup shredded cheddar
- ◆ 1 ½ cups shredded mozzarella

Directions

1 In a large skillet, cook beef, onion, garlic and zucchini over medium-high heat until meat is browned and broken into pieces. Drain fat.

2 Add pasta sauce, Italian seasoning and red pepper flakes (optional). Bring to a simmer and cook on medium low for 15 minutes. Add a small amount of water to make it saucier, if desired.

3 Cook the pasta in boiling water according to package directions.

4 Drain the pasta and add to the meat sauce in the skillet. Stir in the cheese and cover until cheese melts.

5 Refrigerate leftovers within 2 hours.

Adapted from www.foodhero.org.



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Pick a better snack™

