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.

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Pick a **better** snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services.

Created August 2019.

Pick a **better** snack™

IDPH Iowa Department of Public Health