



FEBRUARY 2021



## Cowboy Caviar

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://CelebrateYourPlate.org)



### What's in Season: February

Rhubarb

Passion fruit

Sweet potatoes



### Featured Produce: Onions

**Peak Season:** Spring, Fall, and Winter

**Selection:** For fresh onions, select firm ones with dry, bright, smooth outer skins

**How to Prepare:** Add to soups, salsas, dips or tacos

**Storage:** Store whole onions in a cool, dark, well ventilated place for use within 4 weeks of purchase



### Bake Something Sweet

Valentine's Day is just around the corner! Try making a new, healthy dessert from Celebrate Your Plate with your loved ones. Whether you like cookies, brownies, ice cream, or cupcakes, our recipe library has a dessert you will love!