



January 2025



6-Can Chicken Tortilla Soup

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: January

- Horseradish
- Mushrooms
- Bean Sprouts

Featured Produce: Corn

Peak Season: Summer

Selection: For fresh corn, pick ears with green husks and fresh silks

How to Prepare: Add corn to soups, chilis, and salads

Storage: Refrigerate with husks on for use as soon as possible or within 1-2 days

National Slow Cooker Month

January is National Slow Cooker Month! Using a slow cooker to prepare meals helps to create flavorful dishes such as soups, stews, casseroles, and more. Visit the Celebrate Your Plate recipe page to find slow cooker recipes.

CelebrateYourPlate.org

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