



FEBRUARY 2023



One Pan Salmon

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



What's in Season: February

- Horseradish
- Mushrooms
- Sprouts



Featured Produce: Broccoli

Peak Season: Spring & fall

Selection: Select broccoli with tight, bluish-green florets

How to Prepare: Chop and add to salads or soups, roast and serve as a side, or stir-fry

Storage: Refrigerate broccoli and use within 3-5 days



National Canned Food Month

Canned foods are a great alternative to fresh foods because they have a longer shelf and are often more affordable. Visit the CYP recipe page to find dishes using canned goods!