



JANUARY 2023



Cauliflower and Mozzarella Stuffed Shells

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



What's in Season: January

- Horseradish
- Mushrooms
- Sprouts



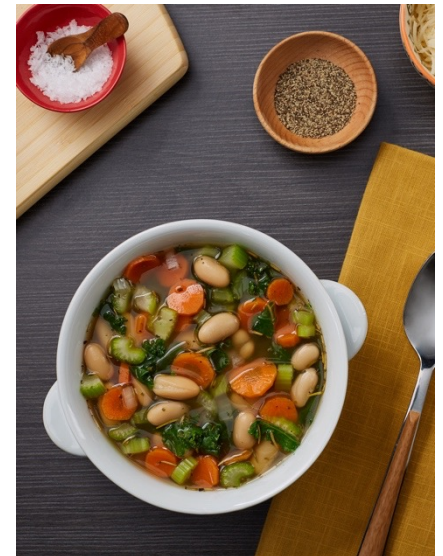
Featured Produce: Cauliflower

Peak Season: Fall

Selection: Pick cauliflower with compact florets, firmly attached leaves, and avoid brown spots

How to Prepare: Roast, mash, or add cauliflower to a salad or stir-fry

Storage: Refrigerate cauliflower up to 5 days



National Soup Month

January's cold weather is a great reason to try a new soup for National Soup Month! Visit our recipe page to browse through 12 healthy and delicious soup recipes.