



August 2023



## Veggie Pizza Bites

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



### What's in Season: August

Corn  
Cucumbers  
Blueberries  
Beets  
Lima beans  
Peaches



### Featured Produce: Eggplant

Peak Season: Summer

**Selection:** Select eggplants that are heavy for their size and do not have cracks or bruises

**How to Prepare:** Stir-fry, slice and roast, or add to pasta or kebobs

**Storage:** Store in the refrigerator crisper drawer and use within 5-7 days



### Back to School Recipes

Whether you're looking for healthy lunches or easy afterschool snacks, Celebrate Your Plate has tasty and simple recipes. Visit our recipe page to find dishes your kids will love!

[CelebrateYourPlate.org](http://CelebrateYourPlate.org)

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