



Vegetarian Chili

Find this recipe
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CelebrateYourPlate.org

December 2019



Produce Spotlight: Tomatoes

Peak Season: Summer to early Fall

Ripeness: Look bright, firm, and shiny skin

How to clean: Rinse under cool running water

How to prepare: Tomatoes can be sliced, diced, and even juiced into many dishes

Store: Store at room temperature away from direct sunlight

Kitchen Tip

It's important to be careful when cooking with oil. Do not add water or wet ingredients to a pan of hot oil. After the pan of used oil has cooled, empty it into a container and throw it away. Never pour it down the drain.



SNAP-Ed Snapshot

SNAP-Ed Program Assistant Deetra recently prepared these delicious Celebrate Your Plate Yogurt Parfaits for a Cooking Matters class in Madison County. Click below to learn more about SNAP-Ed classes near you.

<https://fcs.osu.edu/programs/nutrition/snap-ed>

