



JANUARY 2022



Crockpot Fiesta Chicken

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



What's in Season: January

Avocado
Kale
Pears
Turnips



Featured Produce: Peas

Peak Season: Spring & Fall

Selection: Purchase them fresh, frozen, or canned. If selecting fresh, choose firm, bright green, medium-sized pods

How to Prepare: Add peas to a stir-fry, stew, or on the side of any dinner

Storage: Refrigerate fresh peas in a plastic bag for 3-5 days



New Year, New Recipes!

Celebrate Your Plate just added 22 new recipes to our recipe collection! With crockpot recipes, soups, and casseroles, these new dishes are perfect for winter. To view the new recipes, visit www.CelebrateYourPlate.org.