

THE HEALTHY FAMILY COOKBOOK



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RD approved



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What's in Season for Fall



Apples



Pears



Winter Squash

Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Carrots
Cauliflower
Celery
Corn

Cranberries
Eggplant
Grapes
Greens
Kiwi
Leeks
Lemons/Limes
Mango
Melons
Mushrooms
Okra

Mushrooms
Okra
Pomegranates
Potatoes
Raspberries
Rutabagas
Strawberries
Sweet Onions
Sweet Potatoes
Turnips

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pear & almond overnight oats

INGREDIENTS

- 1/2 medium Rainier Bartlett pear, chopped
- 1/3 cup rolled oats
- 1/3 cup plain nonfat Greek yogurt
- 1/3 cup almond milk
- 1 tablespoon almond butter
- 2 teaspoons chia seeds
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 tablespoon roasted almonds, chopped

DIRECTIONS

1. Combine pears, oats, yogurt, milk, almond butter, chia seeds, honey and cinnamon in mason jar or airtight container. Place lid on jar and shake to mix well. Refrigerate at least 8 hours or overnight.
2. Top with almonds for serving.



PREP TIME: 10 MINUTES

REFRIGERATION TIME: 8 HOURS

SERVINGS: 1

pears

Health Benefits

- Pears are an excellent source of fiber, with 6 grams per serving (medium pear)
- Pears are a good source of vitamin C
- They also contain potassium and antioxidants.

Selection Tips

- Select pears that are free of bruises or blemishes.
- Bartlett pears will change from green to yellow when they ripen, but most pears do not change significantly. For all other pears, check the neck to know they are ripe. Press with your thumb at the stem area and if it gives to pressure, it is ripe and ready to eat. If it is firm, leave it at room temperature to ripen.

How to Store

- Ripen pears at room temperature, on the counter or in a fruit bowl. Do not refrigerate unripe pears.
- Once they are ripe, they can be stored in the refrigerator to extend their life by several days.





fall harvest snack board

INGREDIENTS

- 4 ounces brie cheese
- 4 ounces sliced Cheddar cheese
- 3 ounces water crackers
- 1 Rainier Fruit Bartlett pear, sliced
- 1 Rainier Fruit HoneyCrisp apple, sliced
- 1 Rainier Fruit Granny Smith apple, sliced
- 1 cup red seedless grapes
- 1 cup green seedless grapes
- 1 cup square pretzels
- 1/4 cup caramel dip
- 1/4 cup fig jam
- 1/4 cup almonds

DIRECTIONS

1. Assemble all ingredients on large cutting board or serving tray.



PREP TIME: 15 MINUTES
SERVINGS: 8



jamaican jerk salsa with campari tomatoes & pineapple

INGREDIENTS

- 4 Campari® Tomatoes, halved
- 1 cup pineapple chunks
- 2 Tbsp. extra virgin olive oil
- Kosher salt
- 1 cloves garlic, grated
- 1 habanero pepper, seeded and finely chopped
- ½ cup red onion, finely chopped
- 1 lime, juiced
- ¼ cup fresh cilantro, chopped
- ½ tsp. Jamaican jerk seasoning

DIRECTIONS

1. Preheat oven to 400°F. Place halved tomatoes and pineapple chunks on a parchment-lined baking sheet. Drizzle with extra virgin olive oil and season with Kosher salt. Roast for 15-20 minutes. Let cool to room temperature.
2. In a food processor, add the roasted tomatoes and pineapple. Pulse until well combined. Add mixture to a bowl followed by the remaining ingredients. Stir, taste for seasoning, and serve.

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 2-4





broccoli cheddar stuffed baked potato

INGREDIENTS

- 6 russet potatoes
- 2 cups cooked, chopped broccoli florets
- 3/4 cup shredded Cheddar cheese
- 1/2 cup Marie's® Creamy Ranch dressing

Marie's®

PREP TIME: 10 MINUTES

COOK TIME: 1 HOUR

SERVINGS: 12

DIRECTIONS

1. Prick potatoes several times with a fork. Microwave on HIGH 5 minutes per potato, set aside to cool.
Alternatively, prick potatoes with fork and place on baking sheet. Bake 45-60 minutes in 400F oven or until tender. Let cool.
2. Cut potatoes in half lengthwise and scoop out inside of potato (this can be mixed with toppings or saved for another dish, like mashed potatoes). Spray skins cooking spray and place back on baking sheet.
3. Top potato skin halves with broccoli and cheese. Bake additional 5-7 minutes, or until heated through and cheese melts. Top with Ranch dressing.



asparagus puff pastry bundle

INGREDIENTS

- 1 sheet puff pastry, thawed
- 2 oz. goat cheese, crumbled
- 30 Ayco Farms asparagus spears (about 1 lb.), ends trimmed
- 1 Tbsp. milk



PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVINGS: 6

DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly dust a clean surface with flour. Unroll puff pastry. Use a rolling pin to thin out until it's about half as thick. Using a pizza cutter or knife, cut into 6 rectangles.
3. Divide goat cheese equally in a diagonal on puff pastry rectangles. Top cheese with 5 asparagus spears. Season with salt and pepper.
4. Wrap ends of puff pastry over top. Brush with milk.
5. Bake 14-16 minutes or until golden brown. Serve hot.



mediterranean chopped salad

INGREDIENTS

- 1 bag Fresh Express® Hearts of Romaine salad
- 1 (15 oz.) can low-sodium chickpeas, drained, rinsed
- 1 large beefsteak tomato, chopped
- 1 seedless cucumber, diced
- 1 yellow bell pepper, diced
- 1/2 small red onion, diced
- 1/2 cup crumbled feta cheese
- 4 tablespoons balsamic vinaigrette

DIRECTIONS

1. Combine lettuce, chickpeas, tomato, cucumber, pepper, onion, cheese and dressing in large bowl. Toss to coat with dressing.

PREP TIME: 15 MINUTES
SERVINGS: 4





fast, healthy, and good for your body!





meal prep in minutes



**Simply
Fresh**
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Grab & Go
Goodness



shaved asparagus salad

INGREDIENTS

- 1 bunch of Ayco Farms asparagus, shaved
- 2 cups spinach
- ½ cup cherry tomatoes, sliced
- ⅓ cup shaved parmesan
- ¼ cup dressing of choice (we used a white balsamic dressing)
- 1 lemon

DIRECTIONS

1. Using a vegetable peeler, carefully shave the asparagus peeling away from your hand.
2. In a large bowl, combine the spinach, asparagus, tomatoes, and parmesan. Top with dressing and a squeeze of lemon juice right before serving.



PREP TIME: 10 MINUTES
SERVINGS: 4



roasted butternut squash sweet kale salad

INGREDIENTS

- 1 small butternut squash
- 1 Tbsp. olive oil
- 1 bag Eat Smart® Sweet Kale salad
- 1 medium pear, diced
- ¼ cup chopped pecans

DIRECTIONS

1. Preheat oven to 400F.
2. Peel squash. Cut in half lengthwise and scoop out seeds. Slice into ½-inch thick slices, then cube.
3. Toss with olive oil, salt and pepper. Lay single layer on parchment-lined baking sheet and bake 20-25 minutes, flipping halfway, until browned and tender.
4. Assemble salad with packaged toppings and dressing. Top with roasted squash, apples and pecans.

EAT 
SMART®

PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES
SERVINGS: 4



butternut squash

Seasonality

Butternut squash is available year-round, but in peak season during the fall and winter months.

Selection Tips

Look for butternut squash with taut, evenly colored skin free of blemishes, wrinkled skin or soft spots.

Butternut squash should feel heavy for its size.

Storage Tips

Store butternut squash in a cool, dark place for up to 1 month. Once cut, wrap in plastic and store in the refrigerator for up to 5 days.



farro salad with spinach, cranberries & goat cheese

INGREDIENTS

- 1 cup pearled farro
- 3 Tbsp. light olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- 1 clove garlic, minced
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 bag Fresh Express® Baby Spinach
- ½ cup dried cranberries
- 3 oz. crumbled goat cheese

PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 6

DIRECTIONS

1. Cook farro according to package directions. Drain and set aside.
2. Meanwhile, add oil, vinegar, honey, mustard, garlic, salt and pepper to small mason jar. Place lid on top and shake to combine well. Set aside to let flavors marinate.
3. Once farro has cooled slightly, mix with spinach, cranberries and goat cheese. Pour dressing over top and toss to combine.





baked caprese french bread pizza

INGREDIENTS

- 1 loaf French bread
- 2 Tbsp. olive oil
- ¼ tsp. garlic powder
- 8 oz. fresh mozzarella cheese, sliced
- 4 SUNSET® Campari® Tomatoes, sliced
- 8 basil leaves, chopped
- 2 Tbsp. balsamic glaze (optional)

DIRECTIONS

1. Preheat oven to 375°F.
2. Cut French bread into fourths, then slice each fourth in half lengthwise to make 8 even pieces.
3. Place bread on baking sheet. Brush with olive oil and season with garlic powder. Top with cheese and tomatoes. Season with salt and pepper, to taste.
4. Bake 6-8 minutes, or until the cheese is melted and bread is toasted.
5. Remove from the oven and top with chopped basil. Drizzle with balsamic glaze, if desired.



PREP TIME: 10 MINUTES

COOK TIME: 8 MINUTES

SERVINGS: 8



buffalo chicken rice bowls

INGREDIENTS

- 12 ounces cooked shredded chicken breast
- 1/4 cup buffalo sauce, (or less, to taste)
- 2 cups cooked jasmine rice
- 1 (12 oz.) bag broccoli slaw
- 1 cup halved cherry tomatoes
- 1 avocado, diced
- 2 green onions, sliced
- 4 tablespoons Marie's® Creamy Ranch dressing

DIRECTIONS

1. Toss chicken with buffalo sauce.
2. Assemble bowls with rice, chicken, broccoli slaw, tomatoes and avocado. Drizzle with dressing and sprinkle green onions on top.

Marie's®

PREP TIME: 10 MINUTES

SERVINGS: 4



avocado mac n cheese

INGREDIENTS

- 11 pound whole-wheat elbow macaroni, cooked according to package directions
- 1 1/2 cups 1% milk
- 3 cloves garlic, chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 Del Monte® avocados, halved, pitted
- 2 cups shredded sharp cheddar cheese
- 1 tablespoon (plus 1/2 tablespoon) lemon juice, divided
- 2 tablespoons chopped chives, (optional)

PREP TIME: 15 MINUTES

SERVINGS: 6

DIRECTIONS

1. Combine milk, garlic, chili powder, salt and pepper in microwave-safe bowl. Microwave on HIGH in 1 minute intervals until hot.
2. Place 1 1/2 of avocados and 1 Tbsp. lemon juice into blender and pulse. Add cheese and hot milk, and blend until smooth. Chop remaining 1/2 avocado and toss with the remaining 1/2 Tbsp. lemon juice.
3. Mix avocado sauce with pasta. Serve topped with chopped avocado and chives, if using.





enchilada stuffed tomatoes

INGREDIENTS

- 8 medium Red 'n Tasty® tomatoes
- 2 teaspoons olive oil
- 1 medium sweet onion, chopped
- 1 bell pepper, chopped
- 2 cups baby spinach
- 1 cup corn
- 1 (15 oz.) can low-sodium black beans, drained, rinsed
- 1 cup lowfat shredded Cheddar cheese, divided
- 2 tablespoons corn starch
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1/2 teaspoon salt



PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES
SERVINGS: 4

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut 1/2 inch off of the stem side from each tomato and scoop out insides. Place insides in food processor. Put tomatoes cut side down on paper towel-lined plate.
3. Heat oil in large skillet over medium heat. Add onions and bell pepper, cook for 4-5 minutes or until softened. Add spinach and stir until wilted. Mix in corn, black beans and 3/4 cup cheese.
4. In small bowl, mix cornstarch with 2 tablespoons water until smooth. Add cornstarch mixture, tomato paste, chili powder, salt and 1 cup water to food processor. Puree until smooth. Pour 3/4 of sauce into baking pan.
5. Fill tomatoes with bean mixture and place in pan. Cover with remaining sauce and sprinkle with remaining cheese. Bake for 30 minutes, or until cheese has melted and sauce has thickened.



pineapple pork kabobs

INGREDIENTS

- 1/2 cup olive oil
- 2 tablespoons fresh rosemary, minced
- 4 cloves garlic, minced
- 1 pound pork tenderloin, cut 1-inch chunks
- 1 cup Del Monte Gold® Pineapple, cut into chunks 1 inch chunks
- 1 sweet onion, cut 1-inch chunks
- 1 bell pepper, cut 1-inch chunks
- 4 (10-inch) skewers, soaked
- 2 cups broccoli florets
- 1 cup cherry tomatoes, halved
- 1/4 cup shredded Parmesan cheese

DIRECTIONS

1. Mix olive oil, rosemary and garlic in small mixing bowl. Divide in half.
2. Thread pork, pineapple, onions and peppers onto skewers. Brush with half of marinade and let stand 5 minutes.
3. Place skewers under preheated broiler 5 inches from heat; broil 10-15 minutes, or until meat is firm and lightly browned.
4. Meanwhile, heat remaining marinade in large skillet over medium-high heat; add broccoli and tomatoes, and cook 5 minutes, or until broccoli is bright green and tender.
5. Remove from heat and add cheese.



PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

SERVINGS: 4



vegetarian naan pizza

INGREDIENTS

- 2 large naan flatbreads
- 1/4 cup pizza sauce
- 3/4 cup shredded Mexican-style cheese
- 3 green onions, sliced
- 1 Red 'n Tasty® tomato, diced
- 2 tablespoons ranch dressing

DIRECTIONS

1. Preheat oven to 350F.
2. Place naan on baking sheet.
Spread with pizza sauce and top with each with 1/4 cup cheese. Add green onions and tomatoes, then sprinkle with remaining cheese.
3. Bake 8-10 minutes, or until cheese melts.
4. Remove from oven and drizzle with Ranch before serving.



PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES
SERVINGS: 4



shrimp egg roll in a bowl

INGREDIENTS

- 1/2 tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound medium peeled, deveined shrimp
- 2 packages Eat Smart® Asian Sesame Chopped Salad Kit, (save 1 packet of dressing for later)
- 1 green onion, sliced

DIRECTIONS

1. Heat olive in large skillet over medium heat. Add garlic and cook until fragrant. Add shrimp and cook 4-5 minutes, or until pink and cooked through. Add 1 packet dressing from salad kit and cook until sauce thickens. Add salad kit contents and cook 3 minutes, or until cabbage is tender.
2. Remove from heat. Divide into 4 bowls. Top with green onions.

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

SERVINGS: 6





pork chops & cinnamon apples

INGREDIENTS

Cinnamon Apples

- 1 12oz bag Crunch Pak Peeled Apple Slices
- 1 cup 100% apple juice
- 1/4 cup sugar
- 1 tablespoon unsalted butter
- 1 teaspoon cinnamon

Pork Chops

- 1/4 cup all-purpose flour
- 1 large egg
- 1 cup panko breadcrumbs
- 1/4 cup whole wheat breadcrumbs
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 4 (4 oz.) boneless pork chops

PREP TIME: 15 MINUTES

COOK TIME: 50 MINUTES

SERVINGS: 4

DIRECTIONS

Cinnamon Apples

1. Heat large saucepot over medium-high heat; add apples, apple juice, sugar, butter and cinnamon, and cook 20 minutes, stirring occasionally. Reduce heat to medium-low and simmer 20-30 minutes, or until apples are soft and tender.

Pork Chops

1. Place flour in small bowl. In separate dish, beat egg and 1 Tbsp. water. Combine breadcrumbs, Italian seasoning, garlic powder, onion powder and pepper in another bowl.
2. Dip pork chops lightly in flour, then egg mixture, then into breadcrumb mixture, pressing breadcrumbs into pork chop.
3. Place on parchment-lined baking sheet and lightly spray with cooking spray. Bake 30-40 minutes, or until internal temperatures reach 160°F.



apples

Health Benefits

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

Selection Tips

Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin

How to Store

Apples are best stored somewhere around 30-35°F, in a humid environment. If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

Before You Eat

Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.



skillet upside down apple pancake

INGREDIENTS

- 1/2 12 oz bag Crunch Pak Apple Slices, Sweet, Peeled
- 3 tablespoons maple syrup
- 2 tablespoons unsalted butter
- 1/2 teaspoon pumpkin pie spice
- 1 cup whole grain complete pancake mix
- 1 cup water

PREP TIME: 20 MINUTES

COOK TIME: 20 MINUTES

SERVINGS: 4

DIRECTIONS

1. Preheat oven to 350F.
2. Heat oven-safe skillet over medium heat. Add apples, syrup, butter and pumpkin pie spice. Cook 2-3 minutes, or until bubbly and apples are softened.
3. Whisk together pancake mix and water in separate bowl. Pour over apples.
4. Place pan in oven and bake 20 minutes, or until pancake is set. Remove from oven and let cool 5 minutes.
5. Use a spatula to loosen pancake from skillet. Place large plate over top of skillet and flip to release pancake onto plate.





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potency you can feel.*

For us, crafting Kombucha is a labor of love. Not only does it taste great, our unpasteurized raw Kombucha also supports the gut, aids digestion, strengthens immune function, boosts vitality, and so much more.





For kids ages ten and under, we recommend limiting their intake to about 4-6 ounces per day.

synergy kombucha

- A better-for-you alternative to sugary juices or soda.
- Supports microbiome diversity.
- If you are unsure of introducing something new to your child's system, we recommend consulting with your healthcare professional or pediatrician before consuming.

