



Summer Nutrition Club

Produce of the Week

Basil

Garden Fresh Pizza Muffins

Serving size: 1 pizza muffin, makes 12 servings.

Ingredients:

- 2 large tomatoes
- 1 package of whole grain English muffins (6-pack)
- 1 package (8 oz) of shredded mozzarella and/or Parmesan cheese
- Dried herbs: basil, oregano, and parsley

Instructions:

1. Wash and slice tomatoes into six slices each.
2. Divide English muffins into halves.
3. Spread olive oil on a skillet and heat over low-medium heat.
4. Place the inside faces of 2 English muffin halves down on skillet and place two tomato slices on the other half of the skillet.
5. When insides of English muffins are lightly browned, flip them, add a sprinkle of cheese and place one of the warmed tomatoes on top.
6. Sprinkle with more cheese, and a pinch of each of the dried herbs on top of each tomato, cover the skillet until cheese is melted.

Serve warm!



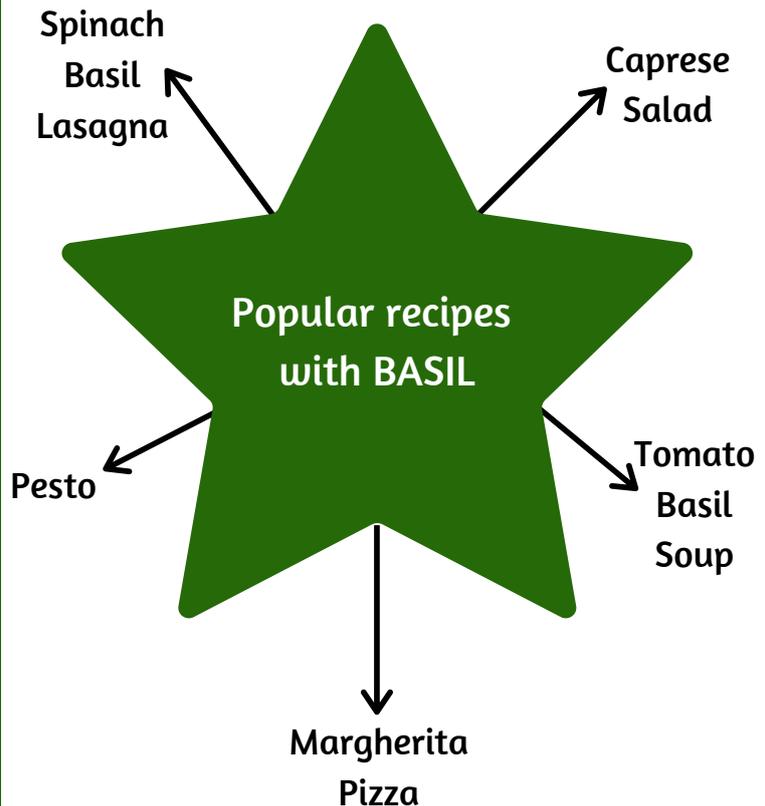
How to Care for Your Basil Plant



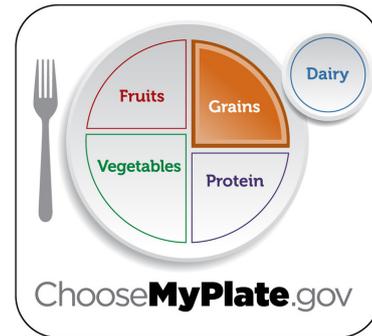
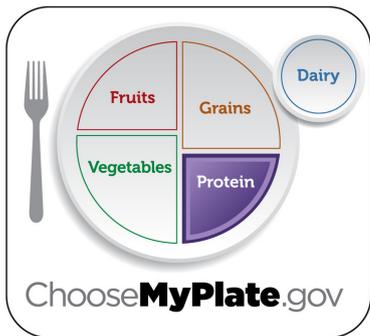
Make sure the bottom of the pot has holes for water to drain out, so your basil doesn't flood! Hint: keep a plate or lid underneath the pot so it doesn't leave a mess!



When a branch has at least 6 leaves, prune (pick) the leaves down to the next set of leaves to encourage branching. Repeat each time a branch has 6-8 leaves. This will give you more basil leaves to harvest and enjoy!



What should I remember about protein and grains?

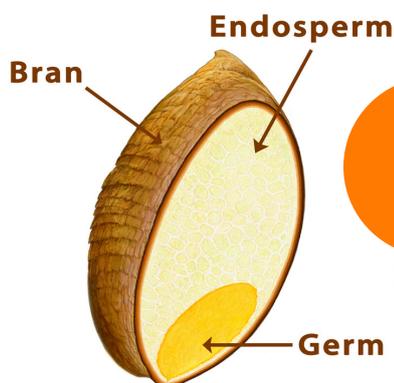


Protein helps to build and repair your bones, muscles, and skin!



Make at least half of your grains whole grains!

You can get enough protein from plants and/or from animals!



Whole grains have three parts: the bran, endosperm, and germ!

A serving of protein is about the size of a deck of cards!



Whole grains give you fiber, energy, and B vitamins!