



eating well

FARMERS' MARKET RECIPES



Senior Connections

The Capital Area Agency on Aging



Your resource for aging well

Senior Connections is the Capital Area Agency on Aging. We offer a wide breadth of services for older adults, persons with disabilities, and caregivers. Our staff and trained volunteers collaborate to provide services and refer our clients to appropriate resources to meet their needs. Most of our services are able to be provided at no cost (or little cost) to recipients thanks to Federal, State, and Local funding along with donations from individuals, businesses, and community organizations.

our office

Senior Connections
The Capital Area Agency on Aging
1300 Semmes Avenue
Richmond, VA 23224

contact us

804-343-3000
seniorconnections-va.org

We are the state-designated Area Agency on Aging for Planning District 15, which covers the City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan.



summer

JUNE - SEPTEMBER



squash medley

YIELD: 6 SERVINGS
SERVING SIZE: 1 CUP



ingredients

- 1 small onion, diced
- 1 small yellow summer squash, sliced
- 2 small green zucchinis, sliced
- ¼ teaspoon garlic powder
- 2 tomatoes, diced
- 2 tablespoons shredded parmesan cheese
- 1 tablespoon vegetable oil
(also can use canola or olive oil)
- Salt and pepper to taste

directions

1. In a large skillet, heat oil over medium heat
2. Add squash and onion
3. Cook on medium heat and stir until soft
4. Add tomatoes and cook 5 more minutes
5. Season with garlic powder, salt, and pepper
6. Serve warm, topped with parmesan cheese

Nutrition Facts

Amount Per Serving	
Calories	
65	
% Daily Value*	
Total Fat 4 g	5 %
Saturated Fat 1 g	4 %
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 245 mg	10 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	7 %
Total Sugars 4 g	
Includes - Added Sugars	
Protein 3 g	6 %
Vitamin D 0 µg	0 %
Calcium 61 mg	6 %
Iron 1 mg	3 %
Potassium 388 mg	8 %

*Percent Daily Values are based on a 2,000 calorie diet.



smart tip

Store onions away from potatoes, apples, celery, and pears as they can release moisture and cause these foods to spoil faster.

Source: USDA
www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/summer-squash-medley



strawberry spinach salad

YIELD: 3 SERVINGS
SERVING SIZE: ~2 CUPS



healthy tip

Spinach is a great source of iron, magnesium, and potassium: all important for bone health!

ingredients

- 6 cups spinach
- ½ cup walnuts
- ½ cup feta or cheese of choice
- 1 cup strawberries, sliced
- Dressing of your choice

directions

1. Rinse spinach and pat dry with paper towel
2. Add spinach to bowl
3. Add sliced strawberries to your bowl
4. Add walnuts to bowl (optional)
5. Top with cheese (feta, goat, etc.)
6. Drizzle with your favorite dressing. Balsamic vinaigrette or poppyseed dressing pair well

Nutrition Facts

Amount Per Serving	
Calories	
95	
% Daily Value*	
Total Fat 7 g	11 %
Saturated Fat 2 g	9 %
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 91 mg	4 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	10 %
Total Sugars 3 g	
Includes - Added Sugars	
Protein 3 g	6 %
Vitamin D 0 µg	0 %
Calcium 91 mg	9 %
Iron 2 mg	10 %
Potassium 419 mg	9 %

*Percent Daily Values are based on a 2,000 calorie diet.

rainbow fruit salad

YIELD: 6 SERVINGS

SERVING SIZE: 1 CUP

ingredients

1 cup strawberries
1 orange
2 yellow peaches
2 green pears
1 cup blueberries
1 cup purple grapes

directions

1. Rinse fruit well
2. Chop all fruit into similar bite-sized pieces
3. Place in bowl and mix



Nutrition Facts

Amount Per Serving	
Calories	105
<small>% Daily Value*</small>	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	18 %
Total Sugars 20 g	
Includes - Added Sugars	
Protein 1 g	3 %
Vitamin D 0 µg	0 %
Calcium 25 mg	3 %
Iron 1 mg	3 %
Potassium 314 mg	7 %

*Percent Daily Values are based on a 2,000 calorie diet.



healthy tip

Including fruits and vegetables from all colors of the rainbow can provide essential vitamins, minerals, fiber, and antioxidants.

sweet peach salsa

YIELD: 4-6 SERVINGS

SERVING SIZE: 1 CUP



healthy tip

Avoid peeling fruits like peaches. Many important nutrients, including antioxidants and fiber, are in the skin!

Nutrition Facts

Amount Per Serving

Calories

101

% Daily Value*

Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 159 mg	7 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	18 %
Total Sugars 18 g	
Includes - Added Sugars	
Protein 3 g	6 %
Vitamin D 0 µg	0 %
Calcium 38 mg	4 %
Iron 1 mg	5 %
Potassium 651 mg	14 %

*Percent Daily Values are based on a 2,000 calorie diet.

ingredients

- 1 bell pepper
- 1 medium sweet onion
- ½ bunch cilantro
- 3 medium peaches
- 1 pound tomatoes of choice
- Salt and pepper

directions

1. Chop all ingredients into small (¼ inch) cubes
2. Mix bell pepper, sweet onion, cilantro, peaches, and tomatoes in bowl
3. Season with salt and pepper to taste

summer berry oatmeal bake

YIELD: 9 SERVINGS

SERVING SIZE: 1 SQUARE



ingredients

- 3 cups old fashioned oats
- 1 cup low-fat/non-fat milk
- 2 eggs
- 2 cups berries (fresh/frozen)
- ½ cup walnuts, pecans, or nut of choice
- 1 cup applesauce
- ½ cup maple syrup
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt
- Cinnamon
- Nutmeg (optional)

directions

1. In large bowl, mix dry ingredients: oats, baking powder, salt, cinnamon, and nutmeg
2. In medium bowl, mix wet ingredients: milk, eggs, applesauce, maple syrup, and vanilla extract
3. Add wet ingredients into dry ingredients
4. Fold in berries and nuts
5. Spray 9x13 baking dish with non-stick cooking spray
6. Add in mixture to dish and spread evenly
7. Bake at 350° F for 30-40 minutes



smart tip

Store the leftovers properly in the refrigerator and reheat for a ready-to-go breakfast throughout the week!

Nutrition Facts

Amount Per Serving	
Calories	
	186
% Daily Value*	
Total Fat 3 g	5 %
Saturated Fat 1 g	4 %
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 69 mg	3 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	17 %
Total Sugars 13 g	
Includes 7 g Added Sugars	
Protein 6 g	12 %
Vitamin D 1 µg	3 %
Calcium 112 mg	11 %
Iron 2 mg	10 %
Potassium 241 mg	5 %

*Percent Daily Values are based on a 2,000 calorie diet.

avocado melon breakfast smoothie

YIELD: 1 SERVING

ingredients

- 1 avocado
- 1 cup honeydew
- 1 cup low-fat/non-fat milk
- 1 cup low-fat plain yogurt (or flavor of choice)

optional ingredients

- 1 tablespoon honey
- 1 tablespoon lime juice

directions

1. Cut avocado in half and remove the pit
2. Scoop out avocado and place in blender
3. Add all remaining ingredients to the blender
4. Blend well and enjoy!

Source: USDA
www.myplate.gov/recipes/myplate-cnpp/avocado-melon-breakfast-smoothie

healthy tip

Avocados are a good source of healthy fats (unsaturated fats), which can help reduce cholesterol and risk for heart disease.

Nutrition Facts

Amount Per Serving

Calories 710

% Daily Value*

Total Fat 36 g	55 %
Saturated Fat 8 g	42 %
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 326 mg	14 %
Total Carbohydrate 81 g	27 %
Dietary Fiber 15 g	60 %
Total Sugars 63 g	
Includes 17 g Added Sugars	
Protein 26 g	52 %
Vitamin D 3 µg	20 %
Calcium 792 mg	79 %
Iron 2 mg	10 %
Potassium 2,347 mg	50 %

*Percent Daily Values are based on a 2,000 calorie diet.

This nutrition facts label includes the optional ingredients.



berry smoothie

YIELD: 1 SERVING

ingredients

- ¾ cup low-fat milk
- ½ banana
- ¾ cups mixed berries
- ⅓ cup vanilla low-fat yogurt

optional ingredients

- ¼ cup spinach
- 2 tablespoons peanut butter



healthy tip

If made correctly, smoothies can be a great way to eat important nutrients. Make sure to include foods high in protein such as milk, yogurt, and/or peanut butter in your smoothie!

directions

1. Add all ingredients to blender
2. Blend to desired consistency

Nutrition Facts

Amount Per Serving

Calories

454

% Daily Value*

Total Fat 20 g	30 %
Saturated Fat 5 g	26 %
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 147 mg	6 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 6 g	24 %
Total Sugars 42 g	
Includes - Added Sugars	
Protein 19 g	38 %
Vitamin D 2 µg	15 %
Calcium 401 mg	40 %
Iron 1 mg	7 %
Potassium 966 mg	21 %

*Percent Daily Values are based on a 2,000 calorie diet.

This nutrition facts label includes the optional ingredients.



confetti slaw

YIELD: 3 SERVINGS

SERVING SIZE: 1 CUP



ingredients

- ¼ head cabbage, sliced into thin strips
- 2 carrots, peeled and grated
- ¼ cup raisins
- ¼ cup peanuts
- ½ cup low-fat yogurt
- 1 tablespoon orange juice

directions

1. Add cabbage, carrots, raisins, and peanuts to bowl and mix well
2. In separate bowl, mix yogurt and orange juice together
3. Drizzle yogurt and orange juice over slaw mixture

Nutrition Facts

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7 g	11 %
Saturated Fat 1 g	6 %
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 75 mg	3 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	18 %
Total Sugars 16 g	
Includes - Added Sugars	
Protein 7 g	14 %
Vitamin D 0 µg	0 %
Calcium 138 mg	14 %
Iron 1 mg	7 %
Potassium 547 mg	12 %

*Percent Daily Values are based on a 2,000 calorie diet.



healthy tip

Cabbage is high in Vitamin C, which helps your body to form muscle, blood vessels, and collagen in your bones!



fall

SEPTEMBER - NOVEMBER



sweet potato fries

YIELD: 3 SERVINGS

SERVING SIZE: 8-10 FRIES

ingredients

2 medium sweet potatoes

½ teaspoon salt

½ teaspoon black pepper

½ teaspoon paprika

⅛ teaspoon cayenne pepper (small pinch)

1 tablespoon vegetable oil

Non-stick cooking spray

directions

1. Preheat oven to 450° F
2. Scrub and rinse potatoes, pat dry
3. Leaving skin on, cut sweet potatoes into fry size strips, about ½ inch wide
4. In a large bowl, mix paprika, pepper, cayenne pepper, oil and blend with a fork
5. Add in sweet potato strips and toss until they are completely coated on all sides
6. Spray baking sheet with non-stick spray and place sweet potatoes in a single layer
7. Bake for 15 minutes then turn fries and bake for 10-15 more minutes
8. When fries are cooked to your desired crispiness, take them out of the oven and add your desired amount of salt. Adding salt before they cook draws out the water of the sweet potato, preventing them from getting crispy during cooking.



Nutrition Facts

Amount Per Serving	
Calories	117
%	
% Daily Value*	
Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 214 mg	9 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 3 g	11 %
Total Sugars 4 g	
Includes - Added Sugars	
Protein 1 g	3 %
Vitamin D 0 µg	0 %
Calcium 27 mg	3 %
Iron 1 mg	3 %
Potassium 303 mg	6 %

*Percent Daily Values are based on a 2,000 calorie diet.



healthy tip

When you shop for sweet potatoes, choose firm potatoes with smooth skin. If you store them in a cool, dark place, sweet potatoes can last for 3-5 weeks.

apple salad

YIELD: 3 SERVINGS

SERVING SIZE: 1 CUP



ingredients

- 1 cup diced apple
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup grated carrot
- ½ cup raisins
- ½ cup yogurt, low-fat vanilla



Nutrition Facts

Amount Per Serving

Calories 137

% Daily Value*

Total Fat 1 g	1 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 57 mg	2 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	10 %
Total Sugars 25 g	
Includes - Added Sugars	
Protein 3 g	6 %
Vitamin D 0 µg	0 %
Calcium 98 mg	10 %
Iron 1 mg	3 %
Potassium 420 mg	9 %

*Percent Daily Values are based on a 2,000 calorie diet.

directions

1. Wash apple, celery, and carrots
2. Dice apple and toss with lemon juice
3. Add celery, carrot, and raisins
4. Fold yogurt into apple mixture
5. Cover and chill for at least 1 hour before serving

Source:
www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-salad-ii

healthy tip

Try not to let your leftovers sit out. Make sure to refrigerate them as soon as possible. This will ensure your food does not lose flavor and will delay the growth of bacteria.

sweet roasted carrots

YIELD: 8 SERVINGS

SERVING SIZE: 1 CUP

ingredients

2 pounds whole carrots
2 tablespoons butter, cubed
½ cup brown sugar
Cinnamon

directions

1. Preheat oven to 350° F
2. Rinse and peel 2 pounds of whole carrots
3. Place carrots on baking sheet lined with foil
4. Sprinkle butter, brown sugar, and cinnamon evenly over top the carrots
5. Roast carrots for 50-60 minutes

Nutrition Facts

Amount Per Serving

Calories

107

% Daily Value*

Total Fat 3 g	5 %
Saturated Fat 2 g	9 %
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 81 mg	3 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	13 %
Total Sugars 14 g	
Includes 9 g Added Sugars	
Protein 1 g	2 %
Vitamin D 0 µg	0 %
Calcium 47 mg	5 %
Iron 0 mg	2 %
Potassium 376 mg	8 %

*Percent Daily Values are based on a 2,000 calorie diet.



healthy tip

Carrots are packed with Vitamin C, which may help to boost your immune system to fight off viruses and infections.

toasted pumpkin seeds

YIELD (VARIES): 8 SERVINGS
SERVING SIZE: ¼ CUP

ingredients

Pumpkin seeds
(from 1 medium pumpkin)
2 tablespoons olive oil
1 teaspoon chili powder
Salt and pepper to taste

directions

To Dry Pumpkin Seeds (Day 1):

1. Remove as much of the stringy pulp as you can from the pumpkin seeds
2. Set the pumpkin seeds out on a plate or baking sheet at room temperature until dry (about 1 to 2 days)
3. Be sure not to set seeds on a paper towel as they will stick and may be difficult to remove

To Toast Pumpkin Seeds (Day 2):

1. Once the pumpkin seeds are dry, preheat oven at 300° F
2. Toss seeds in a bowl with olive oil, chili powder, salt, and pepper
3. Place on baking sheet and spread seeds out (try to make sure seeds do not touch)
4. Bake for 40 minutes or until golden brown



Nutrition Facts

Amount Per Serving	
Calories	
	222
% Daily Value*	
Total Fat 20 g	31 %
Saturated Fat 3 g	17 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 87 mg	4 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Total Sugars 0 g	
Includes - Added Sugars	
Protein 10 g	20 %
Vitamin D 0 µg	0 %
Calcium 17 mg	2 %
Iron 3 mg	16 %
Potassium 271 mg	6 %

*Percent Daily Values are based on a 2,000 calorie diet.

thin-crust harvest pizza

YIELD: 1 PIZZA

SERVING SIZE: 1 PIZZA

ingredients

1 ear corn, cooked and corn removed
1 medium, zucchini, sliced
6 whole mushrooms, sliced
2 tablespoons vegetable oil
Salt and pepper to taste
1 (8-inch) flour tortilla
½ cup shredded cheese of your choice

optional seasonings

Basil, parsley, oregano

directions

1. Add drizzle of oil to a skillet and warm over medium heat
2. Add zucchini and mushrooms and cook until tender. Remove from heat and season with salt and pepper
3. Add a drizzle of oil to skillet and warm over medium heat
4. Place one tortilla in skillet and warm
5. Add cheese on top of tortilla and top with zucchini, corn, and mushrooms



healthy tip

Choose a whole-grain tortilla (instead of enriched or refined) to increase your dietary fiber intake. Fiber helps to lower your cholesterol and promotes bowel regularity.

Nutrition Facts

Amount Per Serving

Calories 708

% Daily Value*

Total Fat 47 g	72 %
Saturated Fat 11 g	53 %
Trans Fat 0 g	
Cholesterol 44 mg	15 %
Sodium 1,255 mg	52 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 6 g	26 %
Total Sugars 15 g	
Includes - Added Sugars	
Protein 25 g	51 %
Vitamin D 0 µg	3 %
Calcium 403 mg	40 %
Iron 4 mg	21 %
Potassium 1,248 mg	27 %

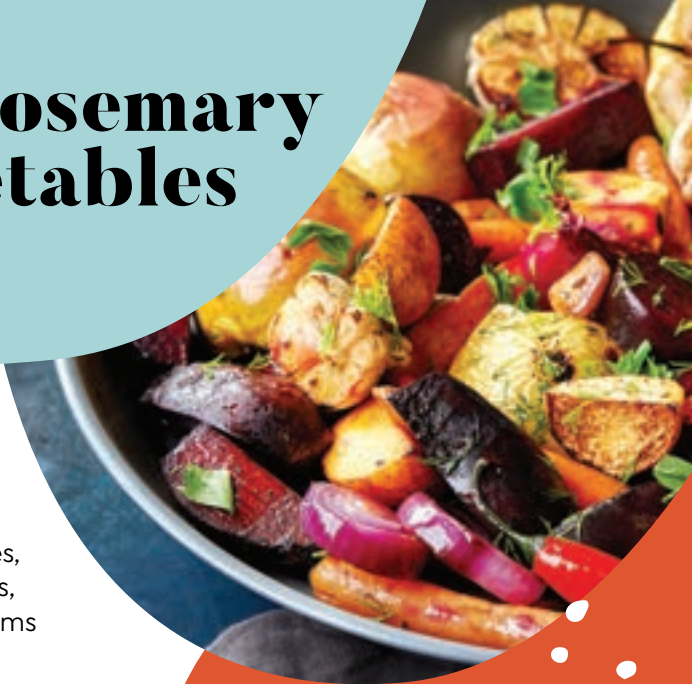
*Percent Daily Values are based on a 2,000 calorie diet.



roasted rosemary root vegetables

YIELD: 9 SERVINGS

SERVING SIZE: 1 CUP



ingredients

About 3 pounds of assorted root vegetables

Choose from: carrots, potatoes, parsnips, turnips, onions, beets, radishes, rutabagas, ginger, yams

2 tablespoons vegetable oil

Salt and pepper to taste

optional seasonings

Rosemary, thyme

directions

1. Preheat oven to 425° F
2. Wash vegetables and cut into thick pieces (about 2 inches in size)
3. Mix the cut vegetables together with oil, salt, and pepper
4. Place mixture in a baking dish
5. Bake for 60 minutes, stirring every 20 minutes
6. Garnish with rosemary, thyme



healthy tip

Root vegetables contain many minerals found in soil, such as nitrates, which have been shown to decrease blood pressure.

Nutrition Facts

Amount Per Serving	
Calories	121
% Daily Value*	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 310 mg	13 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 5 g	18 %
Total Sugars 6 g	
Includes - Added Sugars	
Protein 2 g	4 %
Vitamin D 0 µg	0 %
Calcium 44 mg	4 %
Iron 1 mg	5 %
Potassium 601 mg	13 %

*Percent Daily Values are based on a 2,000 calorie diet.

This nutrition information reflects using 1/3 a pound of each of the ten root vegetables listed in the recipe. Using different root vegetables, or a different amount can change the calorie and nutrient content.

baked fall apple

YIELD: 1 SERVING

ingredients

1 medium red apple
(such as Gala or Braeburn)
2 tablespoons finely chopped
pecans (or substitute walnuts)
1 tablespoon uncooked quick oats
1 tablespoon brown sugar
2 teaspoons dried cranberries
½ tablespoon butter
¼ teaspoon cinnamon
¼ teaspoon salt

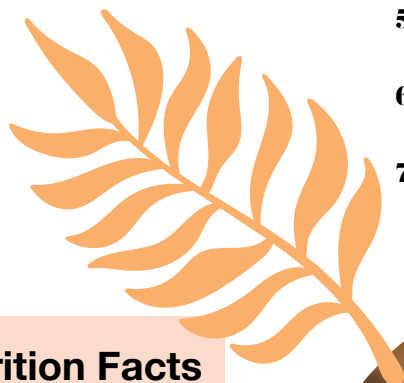


smart tip

Baking time will vary depending on the variety, size, and ripeness of the apple.

directions

1. Preheat oven to 350° F
2. Cut apple in half (horizontally) and remove core
3. In a small bowl mix nuts, oats, brown sugar, cranberries, butter, cinnamon, and salt
4. Fill each apple half with about 2 tablespoons of oat mixture
5. Place apples in an 8-inch baking dish and cover with aluminum foil
6. Bake for 30 minutes and carefully remove foil
7. Bake an additional 10 minutes



Nutrition Facts

Amount Per Serving

Calories

301

% Daily Value*

Total Fat 15 g	24 %
Saturated Fat 5 g	23 %
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 514 mg	21 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 7 g	27 %
Total Sugars 32 g	
Includes 9 g Added Sugars	
Protein 2 g	5 %
Vitamin D 0 µg	1 %
Calcium 38 mg	4 %
Iron 1 mg	5 %
Potassium 282 mg	6 %

*Percent Daily Values are based on a 2,000 calorie diet.



sweet potato breakfast bowl

YIELD: 1 SERVING

SERVING SIZE: 1 BOWL



ingredients

1 sweet potato

½ cup blueberries

1 teaspoon cinnamon

2 tablespoons nut butter

½ banana

directions

1. Use a fork to poke holes in sweet potato
2. Microwave sweet potato for approximately 10 minutes or until tender
3. Top with your choice of blueberries, bananas, cinnamon, nutmeg, or peanut butter



healthy tip

Sweet potatoes, as part of a low-salt diet, can help to lower your blood pressure.

Nutrition Facts

Amount Per Serving	
Calories	
	408
% Daily Value*	
Total Fat 18 g	28 %
Saturated Fat 1 g	7 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 75 mg	3 %
Total Carbohydrate 58 g	19 %
Dietary Fiber 12 g	47 %
Total Sugars 21 g	
Includes - Added Sugars	
Protein 10 g	20 %
Vitamin D 0 µg	0 %
Calcium 183 mg	18 %
Iron 2 mg	14 %
Potassium 953 mg	20 %

*Percent Daily Values are based on a 2,000 calorie diet.

vegetable gratin

YIELD: 9 SERVINGS
SERVING SIZE: 1 CUP

ingredients

2 medium zucchinis, sliced
3 russet potatoes, sliced
3 large tomatoes, sliced
1 eggplant, sliced
4 tablespoons flour
1 teaspoon cooking oil
2 cups low-fat milk
½ cup parmesan cheese
Salt and pepper to taste

directions

1. Preheat oven to 350° F
2. Spray a large casserole dish with oil or cooking oil spray
3. Place sliced ingredients in rows alternating between sliced zucchini, potatoes, tomatoes, and eggplant
4. Sprinkle with flour, salt, and pepper and set aside
5. In a small pan, heat milk over low heat
6. Pour warmed milk over dish and then top with parmesan cheese
7. Bake at 350° F for one hour



Nutrition Facts

Amount Per Serving

Calories

176

% Daily Value*

Total Fat 5 g	7 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 213 mg	9 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Total Sugars 8 g	
Includes - Added Sugars	
Protein 8 g	17 %
Vitamin D 1 µg	5 %
Calcium 194 mg	19 %
Iron 1 mg	7 %
Potassium 785 mg	17 %

*Percent Daily Values are based on a 2,000 calorie diet.



healthy tip

Eggplant is a great source of copper, which is important in red blood cell development.

turnip and onion breakfast cakes



YIELD: 4 SERVINGS
SERVING SIZE: 2 CAKES



smart tip

The smaller the turnip, the sweeter it may taste.

ingredients

1 onion, grated	¼ cup flour
1 ½ pound turnips, grated	Salt and pepper to taste
3 eggs, beaten	Vegetable oil

directions

1. In a medium bowl, mix onion, turnip, eggs, flour, salt, and pepper
2. Add oil to a skillet and warm over medium heat
3. Spoon two tablespoons of mixture into skillet
4. With a spatula, lightly press into a flat, round shape
5. Cook cake until golden brown on each side



Nutrition Facts

Amount Per Serving	
Calories	
194	
% Daily Value*	
Total Fat 10 g	16 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
Cholesterol 120 mg	40 %
Sodium 307 mg	13 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 4 g	15 %
Total Sugars 8 g	
Includes - Added Sugars	
Protein 7 g	14 %
Vitamin D 1 µg	4 %
Calcium 78 mg	8 %
Iron 1 mg	7 %
Potassium 426 mg	9 %

*Percent Daily Values are based on a 2,000 calorie diet.

Friendship Cafés

Friendship Cafés are neighborhood gathering places for older adults. Participants receive a nutritious midday meal while interacting with good friends and participating in diverse activities. Friendship Cafés help fight social isolation in older adults by keeping them active and connected to their community. Must be **60+**, mobile, and physically and mentally independent.

Friendship Cafés are generally open* **9:30 a.m. - 1:00 p.m.** Days of operation vary depending on location.

* Cafés are closed on Saturdays, Sundays, major holidays, and when the weather is unsure for travel.



**To apply, call:
804-343-3000**

For more information and a list of locations, please visit our website:

**[seniorconnections-va.org/services/
support-to-stay-home/friendship-cafes/](https://seniorconnections-va.org/services/support-to-stay-home/friendship-cafes/)**



our programs

We have a wide variety of programs.

Visit our website for more information:

seniorconnections-va.org

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Senior Connections, The Capital Area Agency on Aging is a private nonprofit 501(c)(3) organization established in 1973. Senior Connections is a member of a network of approximately 700 Area Agencies on Aging (AAAs) with 25 located in the Commonwealth of Virginia.