

Summertime is here! And that makes it a great time to add more fruits and vegetables into your diet. Many are in season and prices are lower.

Why should everyone be eating more fruits and vegetables?

1. They are naturally low in calories and fat.
2. They are high in vitamins and minerals.
3. They provide fiber to keep you full.
4. They are healthy whether they are canned, dried, frozen, or in 100% juice.
5. They are low in sodium.
6. They have no cholesterol.

Here are some ways you can add fruits and vegetables to your meals.

Breakfast: Mix fruit in cereal, muffins or pancakes. Serve juice several days each week.

Lunch: Add an orange, grapes, banana, apple, carrots or broccoli

Dinner: Add a new fruit or vegetable each week. This can be done in a salad, soup or casserole.

Snack: Top apple slices with a thin coating of peanut butter, make fruit smoothies or popsicles

Here are some great recipes to try this summer. For more recipes, go to: celebrateyourplate.org

Seasonal Salad

Ingredients

For dressing:

1/3 cup vinegar (raspberry or balsamic)

1 teaspoon Dijon mustard

1/2 teaspoon salt

1 tablespoon sugar or sugar substitute

1/2 cup oil, vegetable or olive

For salad:

1-pound salad greens (spinach, kale OR any type of lettuce), washed and patted dry, torn or chopped into bite size pieces

2 cups fruit washed and cut into bite-size pieces (fresh strawberries or canned pears or mandarin oranges would all work. We recommend buying fruit according to what's in season)

1/2 cup nuts (pecans, cashews, peanuts OR sunflower seeds) Remember nuts are a protein.

Tips

If you don't have time to make the dressing, a low-fat, store-bought dressing works too!

Roasted Vegetables

Ingredients

Pick any vegetables you like. If picking more than 4 vegetables, you will need to add more seasoning.

Examples:

1 small Summer Squash or 1/2 med. Winter squash

Handful of mushrooms

1 small head of Cauliflower

2 cups of Brussel Sprouts

2 – 3 cups of Asparagus

1 red pepper

1 onion

Seasoning for vegetables

¼ cup Olive or Canola oil

¼ teaspoon of Salt

¼ teaspoon of Pepper

2 Cloves of Garlic, minced.

1 ½ Cup of Parmesan or Romano cheese (save for the end)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.

2. Preheat oven to 425 degrees.

3. Spray a large sheet pan with cooking spray.

4. Cut vegetables into bite size pieces and place on sheet pan, Add seasonings. Toss until well combined and arrange vegetables in a single layer.

5. Sprinkle Cheese on top.

3. Roast 20-30 minutes or until vegetables are tender. This is great on a grill also.

Tips

Add 16 oz. of cooked whole wheat pasta and a can of black beans (heated slightly and rinsed) This makes a great meal of vegetables, grains and the beans as your protein.

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