



# 10 summer fruits and vegetables

Plus 7 recipes!

## Fruits



### Blueberries

The plant compounds that give blueberries their color are called anthocyanins. Research shows they may curb inflammation in the body and boost heart health.<sup>1</sup>

#### Try it:

In oatmeal or blended into a sweet smoothie.

#### Peak season:

June-August



### Cantaloupe

A one-cup serving of this orange melon packs 30 percent of your daily need of vision-protecting vitamin A.<sup>2</sup> It's also a good source of potassium, which may help lower blood pressure.<sup>3,4</sup>

#### Try it:

Frozen and pulsed in the food processor for an easy no-sugar-added fruit sorbet.

#### Peak season:

June-August



### Peaches

Each one of these fuzzy fruits has around 10 percent of your daily need of filling fiber. The vitamin C they provide helps boost immunity and repair wounds.<sup>3</sup>

#### Try it:

Brushed with olive oil and grilled for a show-stopping dessert.

#### Peak season:

July-August



### Raspberries

These red berries are low in sugar. Each sweet cup has just 5 grams. They're also a top source of fiber, with 8 grams per serving.

#### Try it:

Mashed onto toast with peanut butter in place of high-sugar jelly.

#### Peak season:

June-July



### Watermelon

This melon is packed with water, which means it can help you stay hydrated in hot temps. It gets its red hue from lycopene, which may boost heart health.<sup>5</sup>

#### Try it:

Mixed with feta cheese and arugula for a spunky salad.

#### Peak season:

May-September

# Vegetables



## Bell pepper

Red, green, yellow, or orange; these beautiful veggies pack a punch of immune-boosting vitamin C.<sup>3</sup> Green peppers are picked earlier, which means a stronger flavor. Red peppers are fully ripened and taste sweeter.

### Try it:

Dipped into salsa in place of chips.

### Peak season:

June-August



## Cucumber

The refreshing crunch of a cucumber has just a few calories per serving. Snacking on one can quench your thirst nearly as well as a glass of water, thanks to its high water content.

### Try it:

Cubed and tossed with chili powder for a refreshing snack.

### Peak season:

May-August



## Eggplant

This versatile veggie packs plant compounds like chlorogenic acid<sup>6</sup> and nasunin<sup>7</sup> that may protect cells from damage and prevent disease. Don't discard its skin; the pigments that turn it purple are bursting with benefits.<sup>8</sup>

### Try it:

Halved, sprinkled with salt, brushed with olive oil, and barbecued cut-side down until browned; around 4-5 minutes.

### Peak season:

July-October



## Tomatoes

Whether fresh or cooked into sauce, tomatoes are a nutrient-packed summertime pick. Lycopene, which gives them their color, is linked with heart health.<sup>9</sup>

### Try it:

Sliced and layered with fresh basil leaves. Top with a drizzle of olive oil and vinegar.

### Peak season:

May-October



## Zucchini

Both green and yellow summer squash are sources of carotenoids like lutein and zeaxanthin.<sup>10</sup> These compounds may help protect vision and prevent cell damage.

### Try it:

Sliced into rounds and sautéed in olive oil with garlic.

### Peak season:

June-August

1. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1541-4337.2011.00164.x>
2. <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
3. <https://fdc.nal.usda.gov/>
4. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/27609297>

6. <https://www.ncbi.nlm.nih.gov/pubmed/31330814>
7. <https://www.ncbi.nlm.nih.gov/pubmed/10100509>
8. <https://www.ncbi.nlm.nih.gov/pubmed/16989312>
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3850026/>
10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537869/>



### Greek yogurt berry bowl

Serving size: **1**

#### Ingredients

6 oz nonfat plain Greek yogurt  
1 cup berries  
1 tsp chia seeds OR ¼ cup walnuts  
⅓ tsp cinnamon

#### Preparation

Top yogurt with berries, chia seeds or walnuts, and cinnamon.

| Calories   | Fat         | Sodium       | Carbohydrates | Fiber       | Protein     |
|------------|-------------|--------------|---------------|-------------|-------------|
| <b>284</b> | <b>10 g</b> | <b>65 mg</b> | <b>35 g</b>   | <b>13 g</b> | <b>22 g</b> |



### Veggie pita pocket

Serving size: **1**

#### Ingredients

1 Tbsp hummus (store-bought)  
½ cup romaine lettuce  
1½ cups chopped veggies of your choice  
(cucumber, bell pepper, tomato, onion, etc.)  
1 whole wheat pita bread

#### Preparation

Cut pita bread so it opens like a pocket. Spread the inside with hummus. Fill pocket with lettuce and your favorite veggies.

| Calories   | Fat        | Sodium        | Carbohydrates | Fiber      | Protein     |
|------------|------------|---------------|---------------|------------|-------------|
| <b>297</b> | <b>6 g</b> | <b>362 mg</b> | <b>50 g</b>   | <b>9 g</b> | <b>12 g</b> |



### Cucumber dill hummus snack

Serving size: **1**

#### Ingredients

½ tsp dried dill  
6 Tbsp hummus  
1 cup cucumber slices

#### Preparation

Mix dill into hummus.  
Serve with cucumber slices.

| Calories   | Fat         | Sodium        | Carbohydrates | Fiber      | Protein    |
|------------|-------------|---------------|---------------|------------|------------|
| <b>225</b> | <b>18 g</b> | <b>363 mg</b> | <b>15 g</b>   | <b>4 g</b> | <b>7 g</b> |



## Brazilian salmon with quinoa and zucchini

Serving size: 4

### Ingredients

4 (4 oz) salmon fillets  
2 large zucchini (sliced into ¼-inch rounds)  
2 cups prepared quinoa  
Aluminum foil

#### *Brazilian vinaigrette*

1 onion, chopped  
4 Roma tomatoes, chopped  
⅓ cup chopped parsley  
¼ cup white wine vinegar  
½ cup extra-virgin olive oil

### Preparation

Combine vinaigrette ingredients. Preheat oven to 350° F and cut foil into 4 large squares. Prepare quinoa per package instructions. Place 4 oz of salmon, zucchini, and 1-2 Tbsp of the vinaigrette in center of each piece of the foil and close foil tightly. Bake at 350° F until cooked through, about 15-20 minutes. One serving is 4 oz of salmon, ½ cup quinoa, and 1 cup vegetables.

| Calories   | Fat         | Sodium        | Carbohydrates | Fiber      | Protein     |
|------------|-------------|---------------|---------------|------------|-------------|
| <b>381</b> | <b>19 g</b> | <b>339 mg</b> | <b>29.5 g</b> | <b>5 g</b> | <b>22 g</b> |



## Balsamic glazed chicken with tomatoes and mozzarella

Serving size: 4

### Ingredients

1 lb. chicken breasts  
2 roma tomatoes, sliced  
1 cup shredded mozzarella cheese  
4 cups mixed greens  
3 Tbsp fresh basil, sliced thin  
1 tsp salt ¼ tsp pepper  
½ cup balsamic vinegar  
1 Tbsp extra virgin olive oil

### Preparation

Pound chicken breasts thin and trim fat. Add 1 Tbsp of olive oil to skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens. Enjoy!

| Calories   | Fat         | Sodium        | Carbohydrates | Fiber      | Protein     |
|------------|-------------|---------------|---------------|------------|-------------|
| <b>497</b> | <b>24 g</b> | <b>443 mg</b> | <b>28 g</b>   | <b>9 g</b> | <b>40 g</b> |



## Zucchini parmesan wedges

Serving size: **1**

### Ingredients

1 zucchini, cut into 4 wedges  
4 Tbsp Parmesan cheese

### Preparation

Preheat broiler. Cut zucchini into wedges. Sprinkle Parmesan on wedges and broil on baking sheet for 8 minutes, until cheese is melted and zucchini is tender-crisp.

| Calories   | Total Fat  | Sat. Fat   | Cholesterol  | Sodium        | Carbs      | Fiber      | Sugars     | Protein    |
|------------|------------|------------|--------------|---------------|------------|------------|------------|------------|
| <b>117</b> | <b>6 g</b> | <b>3 g</b> | <b>17 mg</b> | <b>376 mg</b> | <b>9 g</b> | <b>2 g</b> | <b>5 g</b> | <b>8 g</b> |



## Melon with mint & fresh lime

Serving size: **1**

### Ingredients

½ cup mixed, pre-cut melon cubes (watermelon, cantaloupe, honeydew, etc.)  
4 mint leaves, chopped 1 wedge fresh lime

### Preparation

Top melon with chopped mint and a squeeze of fresh lime juice. Enjoy!

| Calories  | Fat        | Sodium       | Carbohydrates | Fiber      | Protein    |
|-----------|------------|--------------|---------------|------------|------------|
| <b>31</b> | <b>0 g</b> | <b>15 mg</b> | <b>8 g</b>    | <b>1 g</b> | <b>1 g</b> |