



## In Season this Summer:

The freshest summer fruits and vegetables include apples, apricots, bananas, beets, bell peppers, blackberries, blueberries, carrots, cantaloupe, celery, cherries, collard greens, corn, cucumbers, eggplant, garlic, green beans, honeydew melon, kiwifruit, lima beans, mangoes, nectarines, okra, peaches, plums, raspberries, strawberries, summer squash & zucchini, tomatillos, tomatoes, and watermelon.

## Tips for keeping fruits and vegetables light and healthy:

- Choose baking, steaming, or grilling vegetables over frying.
- Season vegetables with herbs, salt-free seasonings or a light sprinkling of Parmesan cheese.
- Have raw pre-cut fruit and vegetables such as carrots, celery, and cantaloupe in the refrigerator for snacking.
- Serve steamed greens, like kale or spinach, as a bed under grilled meats.

## Fruit Salad with Mint Sauce

### Ingredients for the Fruit Salad:

- 1 banana, sliced
- 1 cup diced pineapple
- 2 cups strawberries, halved
- 1 orange, sectioned
- 2 medium apples, cut into bite size pieces

### Ingredients for the Yogurt Sauce:

- 1 Tablespoon fresh mint, chopped
- ½ cup Plain, fat-free Greek yogurt
- 2 Tablespoons of freshly squeezed orange juice
- 1 Tablespoon of orange zest
- 1 Tablespoon of honey

### Directions:

1. Combine all the ingredients for the fruit salad in a bowl.
2. Combine all the ingredients for the yogurt sauce in a separate bowl and mix together.
3. Chill both bowls until ready to serve. When ready to serve, serve fruit salad topped with yogurt sauce.

Serving size: 1 cup of fruit salad with 2 Tablespoons of mint sauce; Makes 6 servings.

# June: It's National Fruit and Vegetable Month!



For more information about healthy eating, please visit [eatright.org](http://eatright.org)