

# IT'S ALMOST SUMMERTIME!

WITH MEMORIAL DAY, QUICKLY APPROACHING, THE OFFICIAL START TO SUMMER IS THE PERFECT WAY TO INTRODUCE NEW FRUITS AND VEGETABLES TO YOUR CHILD. THE RECIPES BELOW ARE FRUITS AND VEGETABLES EASILY FOUND IN THE SUMMERTIME. GRILLING IS NOT ONLY FUN IN SUMMERTIME, BUT IS A HEALTHIER COOKING OPTION TOO!

## Grilled Zucchini and Squash

### Ingredients:

6 medium yellow squash and/or green zucchini  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup extra-virgin olive oil  
2 tablespoons fresh lemon juice  
2 teaspoons coarse-grain mustard  
1/4 teaspoon sugar

### Directions:

1. Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas).
2. Cut squash and zucchini, then toss with salt, pepper, and 2 tablespoons of oil in a large bowl.
3. Oil grill rack, then grill vegetables directly over hottest part of the coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.
4. While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 tablespoons of oil in a small bowl. Pour dressing evenly over vegetables before serving. Serves 6.

## Grilled Pineapple

### Ingredients:

1 ripe pineapple\*, cut into half inch slices  
2 tablespoons honey  
1 teaspoon olive oil  
1 tablespoon lime juice  
1 teaspoon cinnamon

### Directions:

1. In a small bowl, combine the honey, olive oil, lime juice and cinnamon and whisk to blend. Set aside.
2. Prepare a hot fire in a charcoal grill or heat a gas grill. Lightly coat the grill rack with cooking spray. Position the cooking rack 4-6 inches from the flame.
3. Lightly brush the pineapple with the marinade. Grill the pineapple, turning once and basting once or twice with the remaining marinade, until tender and golden, about 3-5 minutes on each side.
4. Remove from grill, and enjoy! Serves 8.

Note: To tell if a pineapple is ripe, smell the base of the pineapple. If it smells sweet, you are good to go!



Provided by:  
Victoria Hayden RD/N, LD/N  
Florida Department of Health in  
Pinellas County

For more information about healthy food choices, nutrition  
and more, go to [eatright.org](http://eatright.org).