Healthy Summer Eating

It is that season again for colorful, healthful fruits and vegetables to be consumed and enjoyed. There is an abundance of produce available that can be fun to eat while providing you with amazing health benefits. Pair some of your favorite in-season produce with a protein and follow the tips below to enjoy a summer full of nutritious meals.

1. **Grill your protein.** Step outside and enjoy the beautiful grilling weather while preparing chicken, fish, steak, or whatever your protein preference is. Grilling protein is one way to cook off fat and add great flavor to your meal.

2. **Eat watermelon!** Watermelon is fun to eat and is an extremely refreshing snack during the heat of the day. Water contributes to about 92% of a watermelon's weight. This water can provide hydrating benefits as well as keep your hunger satisfied.

3. **Nibble on blueberries.** Blueberries are available the majority of the year, but are in top season during the summer months. Blueberries provide many antioxidants, keep you alert, and can even aid in reducing depression.

4. **Crunch on sweet corn.** Sweet corn on the cob just screams, “it’s summer!” Sweet corn is not only nostalgia-inducing, but actually provides some B vitamins and minerals. It can also be protective against age-related eye diseases.

5. **Munch on zucchini.** Zucchini is rich in vitamin C and is a good source of dietary fiber. This beautiful green vegetable can be grilled, sautéed, or even chopped for a salad. However you choose to eat it, you will still benefit from the abundance of vitamins and minerals.

**Mark your calendars! June 17:**

*National Eat Your Vegetables Day*
Treat that special man to a delicious, healthy breakfast!  
Father’s Day is Sunday, June 16th

The following recipe is a great breakfast idea that is easy to make, and could serve as a delicious “Happy Father’s Day” gesture. This recipe can also be a tasty breakfast item for any time of the year.

**Turkey Breakfast Sandwich**

**Ingredients:**
(1 serving)
- 1 tsp. olive oil
- 1 large egg
- Salt and pepper to taste
- 2 ounces reduced sodium smoked turkey breast
- 1 slice of your favorite cheese
- 1 thick slice of tomato
- 1 whole-wheat English muffin, split and toasted
- 1 tbsp. guacamole

**Preparation:**
- Heat the oil in a nonstick skillet or sauté pan over medium heat until hot. Add the egg and gently fry until the white and the yolk are set, about 7 minutes. Season with salt and pepper.
- Place the turkey on a plate, top with the cheese, and microwave for 30 to 45 seconds, until the turkey is hot and the cheese is melted.
- Place the tomato on the bottom half of the English muffin. Top with the turkey and egg. Slather the guacamole on the top half of the muffin and crown the sandwich.

Healthy tip: Add a side of fresh fruit and a glass of milk to make the meal even more nutritious.

**Nutrition Information Per Serving**
- Calories: 376
- Total Fat: 17.1 g
- Saturated fat: 5.1 g
- Sodium: 898 mg
- Carbohydrates: 29.9 g
- Dietary Fiber: 5.4 g
- Protein: 27.5 g
- Calcium: 357 mg (36%)

Recipe adapted from Womenshealthmag.com

**June is National Dairy Month**

**Dairy Thoughts...**
- Drink skim/fat free milk
- Snack on low fat/fat free yogurt
- Dairy products provide significant amounts of calcium and protein
Summer Dining Series

Warm weather brings an abundance of local fruits and vegetables, and also the pleasure of eating in backyards, parks, and patios. Join Michelle Milholland, MS, RD and CSU students as they present two cooking demonstrations suited to this great time of year. You’ll leave with a full stomach, helpful information, and a packet of recipes to try at home.

June 26th – Summer BBQ

Summer is a great time to enjoy food outdoors in the company of family and friends. However, some of our favorite summer foods tend to be loaded with extra calories, saturated fat, and sugar. Join us as we demonstrate some delicious BBQ “makeovers” that will be sure to please a crowd. We will also offer some helpful tips for keeping your food at safe temperatures during outdoor gatherings.

July 17th – Vegan

We’ve had several requests for a vegan class, and summer seems like the perfect time to do it! We will take full advantage of seasonal produce, fresh flavors, and a variety of plant-based protein sources. This class is perfect for vegans, vegetarians, those avoiding eggs or dairy, and anyone looking for some great meatless recipes to add to their routine. We will also review important nutrients to watch for when following a vegan diet plan.

Time: 12-1 PM + optional 30 minute Q&A or 6-7pm + optional 30 minute Q&A

Location: Room 114, Gifford Building on the CSU campus

Cost: $20 per class - $10 for CSU students and employees