

What's in  
Season  
this Summer?



# Vegetables

String beans

Peas

Beets

Herbs

Broccoli

Peppers

Cabbage

Rhubarb

Carrots

Scallions

Corn

Spinach

Collard Greens

Tomatoes

Cucumbers

Summer Squash

Lettuce

Swiss Chard

Radishes



# Fruit

Blueberries

Cherries

Peaches

Strawberries

Raspberries



# RECIPE

## Summer Squash Pasta



### Ingredients:

- 2 oz. whole grain pasta, cooked and drained
- 1/2 C steamed or sautéed, cubed summer squash (yellow and zucchini) with 1/2 C cooked cherry tomatoes
- 1/2 C cannellini beans (from can or cooked from dry)

**~16 grams of fiber**

**Prep: Season veggies and beans while cooking with garlic, salt, pepper, basil, or to your liking. Combine cooked pasta with cooked veggies and beans. Toss with olive oil and parmesan cheese, or your favorite sauce!**

# RECIPE

## Berry Smoothie

### Ingredients:

- 3/4 C plain Greek yogurt
- 1 Tbsp. chia seeds
- 1/2 C blueberries
- 1/2 C raspberries
- 1 C milk of choice



**Prep: Combine all ingredients in a blender and blend to desired consistency. Add ice or additional milk as needed.**

**~10 grams of fiber**