What's in Season this Summer?
Vegetables

- String beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Corn
- Collard Greens
- Cucumbers
- Lettuce
- Radishes
- Peas
- Herbs
- Peppers
- Rhubarb
- Scallions
- Spinach
- Tomatoes
- Summer Squash
- Swiss Chard
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