

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