

nutrition NEWSLETTER

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The sun is here and it's time to get outside!

Summer is known for out door BBQs, gathering with friends and family, and soaking up the sun. Here are some tips and tricks to adding a healthy spin on your next summer event.

Lean Meats. When grilling choose leaner cuts of meat such as chicken or fish. You can also swap your beef burgers for a turkey, salmon, or black bean burger.

Summer Salads. Instead of the traditional mayo-based potato or macaroni salad, try something lighter. Tomato, mozzarella, and basil caprese salad, watermelon and feta salad, or avocado and cucumber salad are lighter options that are perfect to beat the heat.

Fruit Desserts. Who said dessert has to be loaded with added sugar and fats? Try fruit kabobs which are fun for the kids to make or a simple fruit cup with whip cream as a light and sweet alternative.

Buy Local & Seasonal. Support your local farmer's market and save money on produce by buying what's in season near you. Check out our seasonal favorites list below!

Seasonal Favorites

Apples	Blackberries	Corn	Lima Beans	Raspberries
Apricots	Blueberries	Cucumbers	Limes	Strawberries
Avocados	Cantaloupe	Eggplant	Mangos	Summer Squash
Bananas	Carrots	Green Beans	Okra	Tomatoes
Beets	Celery	Honeydew	Peaches	Watermelon
Bell Peppers	Cherries	Lemons	Plums	Zucchini



Spinach & Feta Turkey Burger, Serves 4–8

INGREDIENTS:

- 2 lbs. ground turkey
- 1 (10 oz.) box frozen chopped spinach, thawed & dried
- 4 oz. feta cheese
- 2 eggs, beaten
- 2 garlic cloves, minced

INSTRUCTIONS:

1. Preheat grill to medium-high and lightly oil grate
2. Mix eggs, garlic, feta cheese, spinach, and turkey into 8 even patties
3. Cook on pre-heated grill until no longer pink in the middle with an internal cooking temp of 160 degrees, about 15–20 minutes

Nutrition Facts: Serving; 1 patty, Calories 233, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 143 mg, Sodium 266 mg, Carbs 2.4 g, Total Sugars 1 g, Protein 27.4 g



Recipe from <https://www.allrecipes.com/recipe/158968/spinach-and-feta-turkey-burgers/>

Watermelon Poke Bowl, Serves 4

INSTRUCTIONS:

1. Make the dressing: In a small bowl combine the tamari, garlic, lime juice, rice vinegar, sugar and sesame oil
2. Toss the watermelon with the scallions and small amount of dressing
3. Assemble bowls with watermelon, cucumber, macadamia nuts, pickled ginger, jalapeño, avocado and microgreens



Recipe from <https://www.loveandlemons.com/vegan-poke-bowl/>

Nutrition Facts: Serving; 1/4 Salad, Calories 234, Total Fat 15 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 246 mg, Carbs 24 g, Total Sugars 14 g, Protein 5 g

INGREDIENTS:

- 5 cups cubed watermelon
- 1 ripe avocado, pitted and sliced
- 1 small cucumber, thinly sliced
- 1 small jalapeño or thai chile, diced
- 1/4 cup macadamia nuts
- 1/4 cup chopped scallions
- 2 Tbsp. pickled ginger
- 2 Tbsp. toasted sesame seeds
- Handful of microgreens (optional)

THE DRESSING:

- 1 Tbsp. tamari
- 2 garlic cloves, minced
- 2 tsp. lime juice
- 2 tsp. rice vinegar
- 1 Tbsp. cane sugar or agave
- 1/2 tsp. sesame oil



FOR MORE INFORMATION, PLEASE CONTACT:

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