



National Fresh Fruit & Vegetable Month

Vegetables can add texture, sweetness or freshness to a dish and don't require that much work. Nature's bounty should be treated with respect, so forget boiling them until they've lost all of their color and become mushy beyond recognition. Use more delicate methods like lightly sautéing in olive oil to keep vegetables packed with nutrition. Heartier veggies can be roasted for extra flavor or grilled to perfection. Make it a goal to eat a new fruit and veggie this month!



Plant-Based Proteins

Plant proteins are not only beneficial for the planet but they are also good additions to any diet because of their lean protein, fiber and micronutrient content. There are many options to choose from including soy and pea. No need to completely avoid meat but instead try replacing some meat with a plant protein to reduce your intake of saturated fat. Instead of pork sausage try plant-based breakfast sausage which has about 80% less fat than traditional pork options and is a good source of protein.



Mash Up

Our Mash Up culinary promotion brings two of the most flavorful cuisines, Mexican and Indian, together to create one of a kind taste combinations. Indian cuisine is famous for its spices like turmeric which is used often in curries. Turmeric is high in curcumin which has anti-inflammatory properties. Mexican food uses plenty of fresh ingredients like cilantro, limes and peppers. Peppers add spice and contain capsaicin which may boost metabolism and help improve blood pressure. Not only are these cuisines delicious but they also are full of beneficial ingredients.

Chef's Tip:

In honor of National Fresh Fruit & Vegetable Month, here are 3 quick and easy ways to add more fruits and vegetables into your diet.

1. Breakfast of champions – Mix pureed carrots, pumpkin, banana or sweet potato into waffle or pancake batters for a touch of natural sweetness and flavor.
2. Enjoy a midday snack – Pick up a bag of veggie chips and enjoy with your favorite salsa, guacamole or hummus. You can even try baking or air-frying your own veggie chips!
3. Boost main meals – Keep raw veggies on the table during all main meals and add a plant-based dip like guacamole or hummus.
4. Indulge in dessert - Grill fruit like peaches or pineapple and top with yogurt, nuts, cinnamon or dark chocolate. Grilling fruit enhances the natural sweetness for a fast, better-for-you dessert.

