

INSIDER | MAY 2026

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

May is National Salad Month, the perfect time to celebrate how delicious and nourishing salads can be. Packed with fiber, vitamins, minerals, and plant power, salads support heart health, digestion, and lasting energy. Best of all, they don't have to be boring. Think beyond lettuce by building salads around fun themes: Mediterranean bowls with chickpeas, cucumbers, and feta, or Southwestern mixes with black beans, corn, avocado, and lime.

IN SEASON & ON THE MENU

Green beans are packed with essential nutrients like vitamin K, vitamin C, folate, and calcium that promote bone health and immune function. Their fiber content supports heart health by helping to lower blood pressure and cholesterol. For new ways to use green beans, toss them into a stir fry with noodles and peanut sauce, blend them into a pesto, or add them to a grain bowl. Green beans are versatile, affordable, and easy to add to meals for an extra boost of nutrition!

CHEF TIP: MOTHER'S DAY

Create a brunch menu using Mom's favorite seasonal ingredients including strawberries, asparagus, peas or artichokes. Plan a day trip to a local farmer's market or local farm to pick berries with Mom, then use them to create a dish as special as she is!



FIND YOUR
NEXT
FAVORITE
RECIPE!