



It's Fruit & Veggies Month

June is National Fresh Fruit and Vegetable Month and you can celebrate by making half your plate fruits and vegetables. They contain many vital vitamins, minerals, and plant chemicals. A diet rich in vegetables and fruits can help lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, prevent eye and digestive diseases, and positively affect your blood sugar. Challenge yourself by trying to eat as many different colors as you can in a day for a wide variety of nutrients. The more colorful the better!

A Healthy Start to the Day

If you are looking to be more alert, have more energy, and get more nutrients into your day, then start the day with a Smoothie Breakfast Bowl. This is not your average smoothie, as it adds the excitement of delicious toppings like fresh fruit and granola! The more colors on your bowl, the more variety of vitamins and minerals. The best part is, it is so quick and easy. Start your day off right with this tasty bowl of goodness.

Restaurant Week

June 13th through 17th is a time for our chefs to really shine! With Restaurant Week, our chefs are bringing their creative, culinary creations. With dishes this tasty, you will forget you are at work! If you are looking to keep things lighter when dining out there are some key phrases that you can watch out for: au gratin, battered, creamy, creamed, crispy, fried, or white sauce tend to indicate a rich dish. Be mindful of these and go for a nutrient-dense but still delicious vegetable sides like honey Brussels sprouts or garlic roasted broccoli.

Chef Tip

Vegetable purees are a great way to increase vegetable intake for adults and kids! Simply roast, boil, or steam, add them to the food processor with some water or cooking liquid, and enjoy. Here are some ideas:

Yellow squash, butternut squash, or celery root: add to pancake or waffle batter with vanilla, cinnamon, or unsweetened cocoa powder. Finish with toppers of your choice for a healthy veggie-packed breakfast.

Cauliflower: add this puree to oatmeal to add volume and fiber. Finish with berries and non-fat Greek yogurt to get a hearty, satiating breakfast with sufficient protein that will keep you satisfied until lunch.

Pumpkin puree: if buying canned be sure not to purchase pumpkin pie filling. Add pumpkin puree to marinara and spaghetti sauce to add fiber and body to the sauce.

Red beets: Try experimenting with this puree in chocolate cake and brownie mix to bake all natural red velvet treats.