



A Nutrition Resource

KEEP IT COOL WITH TASTY SUMMER RECIPES

Fruits & vegetables in summer

Many fruits and vegetables are in season during the summer and are lower in cost. Here are some fun and inexpensive ways to incorporate more fruits and vegetables into your diet.

- Each week choose a fruit or vegetable that is on sale for your family to try. Purchase 1 or 2 pieces of fruit or vegetables and have a tasting party. Try nectarines, peaches, plums, kohlrabi, or cauliflower.
- Shop at a farmer's market. Choose fruits and vegetables your family enjoys. Try new ones in small quantities.
- Visit a farm stand or local garden which sells produce. Sometimes you can pick your own strawberries, carrots, etc., for a lower price.
- Whether at the store, farmer's market, or farm stand, let children help you choose fruits and vegetables. Let them pick, wash, peel, and prepare the food.
- Try freezing extra produce so it does not go to waste. Many cookbooks give directions for freezing or contact your local Extension office for information.



Ideas for cool summer meals

- **'Gourmet' Sandwiches:** Fill whole wheat pita bread halves with lettuce, tomatoes, apple slices, hummus, avocados, meats, cheese, etc.
- **Tuna Salad:** Mix a can or package of tuna, chopped celery, chopped onions, black pepper, and light mayonnaise or plain yogurt.
- **Taco Salad:** Lettuce, beans, tomatoes, cheese, salsa, corn tortilla chips, etc.
- **Zucchini 'Noodles' with Spaghetti Sauce:** Shred, grate, or cut raw zucchini into long, thin strands that resemble noodles and serve with spaghetti sauce. Add white beans or cooked lentils for protein.
- **Tuna & White Bean Pitas:** Whole wheat pita bread halves filled with tuna, tomatoes, white beans (canned, drained and rinsed), olive oil, lemon juice, and other vegetables as desired.

Avocados

Avocados are best when the skin is almost black, and the avocado feels soft. Cut the avocado in half. Remove the large pit in the middle. Use a large spoon and scoop the green flesh out of each half. Chop into bite-sized pieces.

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MONTANA
STATE UNIVERSITY

EXTENSION

Gazpacho Soup

Yield: 4 Servings | Serving Size: 1 Cup

3 cups chopped tomatoes (about 1 pound)
 ½ cup chopped onion
 ½ cup chopped bell pepper
 1 garlic clove, minced
 1 finely chopped and peeled cucumber
 1½ cups tomato juice
 1 Tablespoon red wine vinegar
 1 teaspoon Worcestershire sauce
 1 teaspoon vegetable oil
 4 teaspoons fresh parsley or 1 Tablespoon dry
 parsley
 Salt and pepper to taste

- 1) Combine first 5 ingredients in a blender. Pulse until chopped.
- 2) Combine blended mixture with remaining ingredients in a large bowl and stir well. Cover and refrigerate 3 hours or until chilled.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (228g)
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 440mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Carrot Raisin Salad

Yield: 7 Servings | Serving Size: 1/2 Cup

5-6 carrots, peeled and shredded
 ½ cup raisins
 1 6-ounce carton or ¾ cup low-fat vanilla or plain
 yogurt
 1 teaspoon cinnamon

- 1) Mix all ingredients together.
- 2) Cover and refrigerate. Serve chilled.

Nutrition Facts	
7 servings per container	
Serving size	1/2 cup (92g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 1mg	6%
Potassium 269mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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