

## Summer Produce

The coming of summer means that many fruits and vegetables are going to be popping up in grocery stores all over the country.

### **Watermelon**

A summer staple that can also help you stay hydrated since they are 90% water. You can grill it to caramelize the sugars, puree it for a sweet treat to cool down after a hot day, put it in a fruit salad or eat it by the slice!



### **Summer Squashes**

Summer squashes like zucchini or yellow crooknecks are always a popular side during this time of year and they're so versatile. You can have them grilled, sautéed, boiled or baked.

### **Sweet Potatoes**

Sweet potatoes are the healthier alternative to the traditional potato salad and they are great baked or mashed. A whole sweet potato contains 3 grams of fiber and 130 calories!



### **Berries**

Whether it is blueberries, strawberries or raspberries they are packed with nutrients like Vitamin C, folate, potassium, fiber and antioxidants. These nutritional powerhouses are easy to incorporate into your diet by eating them on their own or adding them to your favorite yogurt, oatmeal or smoothie.