



Are you getting enough fruits and vegetables?

Having a diet high in fruits and vegetables may lower the risk of developing high blood pressure, certain heart diseases, and stroke. Diets high in fruits and vegetables also improve digestive health and help prevent certain cancers. Fruits and vegetables are good sources of vitamins and minerals and are an excellent source of dietary fiber. However, no single fruit or vegetable can provide all the nutrients we need so it is important to eat a variety and get plenty everyday.

According to the Dietary Guidelines for Americans 2020-2025, most of us are not getting enough of the recommended amounts of fruits and vegetables in our diet. So how much should we be eating? On average we should be getting between 3-6 cups of fruits and vegetables per day depending on our age, sex, and activity levels. Here are some suggestions to help improve your intake:

- When buying fruits and vegetables try to buy a variety of colors.
- Try a new fruit or vegetable when choosing produce.
- Keep fruits and vegetables where you can see them.
- Have produce washed and ready to eat.
- Let your kids pick out fruits and vegetables.
- Cut some fruit at the beginning of the week and store in the fridge. People are more likely to eat produce when it's already cut up.
- Make vegetables the base of your meal by trying new recipes, making a salad for a meal (add proteins like legumes, nuts and seeds), or by making a vegetable soup or stir-fry.

Summer is here and it is a great time to take advantage of all the available seasonal fruits and vegetables. Try setting a goal this summer to increase your current intakes by adding one new vegetable or fruit a week. Soon you will be on your way to increasing your fruit and vegetable intakes and improving your health!

Food Safety Tips

Food safety for your home garden:

- Remove spoiled vegetables/fruits to avoid attracting rodents
- Do not place bird feeders near your garden
- Wash all harvested fruits and vegetables



Women, Infants, and Children Nutrition Program

WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to pregnant or breastfeeding women and families with children under age 5.

WIC is for all kinds of families. To see if you qualify go to:
www.mass.gov/wic



Summer Veggie Pizza

Ingredients

- Pre-made pizza dough
- 1 tablespoon oil
- 1 clove garlic, finely minced
- ¼ cup parmesan cheese, grated
- 1/3 cup shredded mozzarella cheese
- 2 green or yellow squash, thinly sliced
- 1 Red or green pepper, thinly sliced
- ½ teaspoon dried oregano
- ⅛ teaspoon black pepper
- 2 cups mixed greens (arugula, salad greens)
- ½ cup cherry tomatoes, halved or tomato diced
- ¼ cup fresh basil leaves, roughly chopped (optional)
- ½ lemon

Nutrition Facts

Summer Veggie Pizza
Amount Per Serving

Calories 498	Calories from Fat 162
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 8g	40%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 35mg	12%
Sodium 1062mg	44%
Potassium 401mg	11%
Total Carbohydrates 62g	21%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 22g	44%
Vitamin A	12%
Vitamin C	43%
Vitamin D	0%
Calcium	42%
Iron	23%

* Percent Daily Values are based on a 2000 calorie diet.

Directions

1. Preheat the oven to 450 F. If the dough is chilled, take it out of the fridge and let it get to room temperature, about 30 min.
2. Spray the baking sheet with cooking spray. Place dough onto the baking sheet. Press and stretch the dough to fit the baking sheet. It is OK if the dough does not fit the pan perfectly.
3. Drizzle the oil on top of the dough and sprinkle with the minced garlic. Sprinkle the parmesan and mozzarella over the dough. Top with squash, peppers, oregano and black pepper.
4. Bake in the oven for 10-15 minutes or until the dough is crisp and cheese is melted.
5. While pizza is baking, in a bowl combine salad greens, tomatoes, basil and a squeeze of lemon juice. Toss to mix. When pizza is done, top with salad mix.

Notes: Can use pita bread or naan in place of pizza dough. Divide toppings to fit pita/naan and decrease baking time to 5-6 minutes.

Makes 4 servings

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Herbs



Fresh herbs are a great addition to savory and sweet dishes. They add flavor and can be used as a replacement for salt and sugar. This allows you to cut back on added sugar and salts without sacrificing taste!

Choosing: Look for herbs that are bright, deep green and not wilted or yellowing.

Storing: Wash fresh herbs and gently pat dry. Wrap herbs in a damp paper towel and place in an airtight container and store in your refrigerator.

Preparing: For herbs with woody stems, pinch the stem at the top and with your other hand run fingers down the stem from top to bottom to remove the leaves. Tear or chop the herbs and add them to your favorite meals.

Uses: Fresh herbs have a more subtle flavor than dried herbs so it is best to add them towards the end of your cooking time to get the full boost of flavor. You can swap dried herbs for fresh herbs by remembering this ratio: 1 tsp dried herbs = 1 tbsp fresh herbs.

Nutrition: Fresh herbs contain vitamins such as A, C, K and can have both antioxidant and anti-inflammatory properties.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Scrambled Eggs with Herbs



Ingredients

- 4 eggs
- ½ tbsp butter
- 2 tsp of chopped, fresh herbs (parsley, chives, basil or whatever you have)
- Salt and pepper to taste

Directions

1. Beat the eggs in a small bowl with a fork or whisk. In a skillet over medium-low heat (non-stick is best) place eggs and butter in a pan.
2. Stir until eggs are to your liking then add herbs and season with salt and pepper.

Note: Serve over a slice of whole grain bread with some fruit or roasted veggies for a complete meal.



National Smoothie Day

June 22 is National Smoothie Day. Smoothies can be a quick, refreshing way to add extra fruits and vegetables into your day. They can also be a great way to introduce your kids to new produce without much effort.

Smoothies should contain a source of protein and fat to balance out the sugar coming from fruit.

Here's a basic smoothie recipe that you can adapt to your tastes:

- 2 to 3 parts fruit or vegetables
- 1 to 1 1/2 parts liquid
- 1/2 part yogurt or another thickener

Fruit or veggie options: frozen berries, stone fruit (mangoes, peaches), banana, and pineapple are all good options for fruit. They have a strong flavor and add a good texture. One of the easiest veggies to add in is baby spinach. The color changes but the flavor doesn't change much.

Liquid options: 100% juice, milk, or a milk alternative are all good choices.

Thickener: Yogurt is probably the easiest option here. Plain yogurt will add protein and fat without any added sugar.



June 2021

National Dairy Month

**National Fresh Fruit
and Vegetable Month**

**National Men's Health
Week**

June 14-20

National Egg Day

June 3

**Eat your Vegetables
Day**

June 17

National Smoothie Day

June 22