

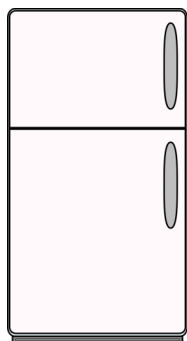


## IN THIS ISSUE

Black Bean Summer Salad	2
What Can You Do With ....?	3
National Dairy Month	4

### FOOD SAFETY TIP

Did you know that proper organization of foods in the fridge is key for food safety? Ready-to-eat foods and foods that require the lowest cooking temperature belong at the top. Foods that require the highest cooking temperature, like poultry, go on the bottom!



## What Produce Is In Season?

Summer is finally here and that means plenty of seasonal fresh fruits and veggies! Seasonal produce is purchased around the time of harvest and offers a variety of benefits. Purchasing produce that is in-season is not only more affordable but also offers several benefits including fresher, more flavorful, and more nutritious choices! When produce is picked in its fully-ripened state, the flesh of the produce contains more nutrients since it has been given enough time to grow and develop.

Seasonal produce varies based on where you live, growing conditions and weather. Some of the tastiest produce to eat in the summer in Massachusetts : *apples, bananas, beets, peppers, corn, cucumber, watermelon and zucchini.*



## How Do I Include More Vegetables?

Eating the recommended daily serving of veggies is tough, especially if you're sick of preparing them the same old way! Check out these tips for some creative ways to increase your veggie intake:

- Toss some of your favorite veggies into an omelet or scrambled eggs. Onions, mushrooms, tomatoes, peppers or spinach are all delicious options!
- Mash cauliflower into mashed potatoes. Cauliflower has a mild flavor and you will hardly notice the difference.
- Consider adopting Meatless Monday for dinner and check out the vegetarian recipes on the Click 'N Cook website.
- Mix up your typical baking routine and try out bread or muffin recipes that include veggies like zucchini or carrots.



## Recipe Facts

Amount Per Serving (3/4 cup each)

Calories 134	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Sodium 344mg	14%
Potassium 348mg	10%
Total Carbohydrates 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 6g	12%
Vitamin A	3%
Vitamin C	22%
Vitamin D	0%
Calcium	4%
Iron	10%

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

POWERED BY  EDAMAM

Source: Adapted from University of Hawaii at Manoa - Produce an Athlete

# Black Bean Summer Salad

In honor of the start of summer, try out this refreshing and delicious dish. It is easy to make and full of nutrients!

## Ingredients:

- 1 15.5-ounce can black beans, drained and rinsed
- 1 8-ounce can corn, drained
- 1/2 cup bell pepper, chopped
- 1/4 cup onion, chopped
- 3 tablespoons fresh cilantro, chopped
- 1/4 cup balsamic vinegar
- 1 tablespoon apple cider vinegar
- 1 tablespoon oil
- 1/2 teaspoon salt
- 1/2 teaspoon brown sugar
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder

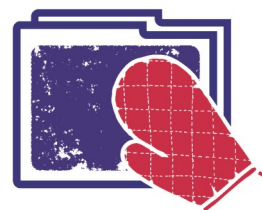
## Directions:

1. Combine the first 5 ingredients in a bowl.
2. In separate bowl, combine the remaining ingredients and mix well.
3. Pour the vinegar and oil mixture over the bowl and toss gently.
4. Refrigerate until chilled and served.

6 servings; 3/4 cup each

Retrieved from: ClickNCook.org

**LOOKING FOR RECIPE INSPIRATION?**  
**Check out Click 'N Cook®,**  
**our online recipe database**  
**at ClickNCook.org**



**CLICK 'N COOK®**

# What Can You Do With ... Beets?

Beets are a popular root vegetable. Root vegetables are grown underground and are packed with nutrients.

**Choosing:** When purchasing fresh beets, look for beets that are round, smooth and hard. The surface should not have bruises, cuts or soft spots.

**Storing:** Beets will stay fresh in the fridge for up to 10 days. Avoid moisture to make sure they last for as long as possible - this means not washing the beets until you're ready to use them!

**Uses:** Beets can be used in many different meals. Whether you're using canned or fresh, the possibilities are endless! Many people enjoy simply roasting beets in the oven and flavoring with some salt and pepper. Beets can also be used as a part of a salad, sandwich or even soup.

**Nutrition:** Beets are full of vitamins and minerals, especially vitamin C and folate. Beets also contain fiber which offers many health benefits like supporting digestive health and promoting healthy cholesterol levels.



## Raw Beet and Pear Slaw

Enjoy this tasty dish by itself or use as a topping for a sandwich or other grain-based meal.

### *Ingredients:*

- 1 teaspoon fresh ginger, grated
- 1 pound beets, peeled
- 1 large pear, washed (or apple)
- 1 small cucumber, peeled
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons olive oil

### *Directions:*

1. In a medium sized bowl, grate fresh ginger using the smallest holes of a cheese grater.
2. Grate beets (3 cups grated), pears and cucumbers into the bowl with the ginger. Mix well until ginger is evenly distributed.
3. In a separate bowl, whisk the vinegar, salt, pepper, and oil using a fork.
4. Add dressing to salad and mix well.

*6 servings; 3/4 cup each*

# Celebrating National Dairy Month

National Dairy Month will be celebrated throughout the month of June. Including a variety of sources of dairy into your diet offers many health benefits. Learn more about how you can benefit below!

- Low-fat and fat-free dairy is a good source of protein, calcium, and vitamin D.
- 3 servings of dairy each day can support bone health.
- Cultured dairy food like yogurt contains probiotics which are good for digestive health.
- Milk contains calcium which is protective against high blood pressure and certain cancers. It also plays a role in healthy weight management and bone health.



70 South Bay Avenue  
Boston, MA 02118  
Phone: 617-427-5200  
E-mail: [nutrition@gbfb.org](mailto:nutrition@gbfb.org)  
[www.gbfb.org](http://www.gbfb.org)

**Everyone has a role in ending hunger  
in our community. <sup>SM</sup>**

**JOIN US ON**



## June 2019

### National Fresh Fruits and Vegetables Month

### National Dairy Month

#### National Egg Day

June 3

#### National Cheese Day

June 4

#### International Picnic Day

June 18