



# 10 Summer Fruits and Vegetables

PLUS 7 RECIPES!

## FRUITS



### BLUEBERRIES

The plant compounds that give blueberries their color are called anthocyanins. Research shows they may curb inflammation in the body and boost heart health.<sup>1</sup>

#### Try it:

In oatmeal or blended into a sweet smoothie.

#### Peak season:

June-August



### CANTALOUPE

A one-cup serving of this orange melon packs 30 percent of your daily need of vision-protecting vitamin A.<sup>2</sup> It's also a good source of potassium, which may help lower blood pressure.<sup>3,4</sup>

#### Try it:

Frozen and pulsed in the food processor for an easy no-sugar-added fruit sorbet.

#### Peak season:

June-August



### PEACHES

Each one of these fuzzy fruits has around 10 percent of your daily need of filling fiber. The vitamin C they provide helps boost immunity and repair wounds.<sup>3</sup>

#### Try it:

Brushed with olive oil and grilled for a show-stopping dessert.

#### Peak season:

July-August



### RASPBERRIES

These red berries are low in sugar. Each sweet cup has just 5 grams. They're also a top source of fiber, with 8 grams per serving.

#### Try it:

Mashed onto toast with peanut butter in place of high-sugar jelly.

#### Peak season:

June-July



### WATERMELON

This melon is packed with water, which means it can help you stay hydrated in hot temps. It gets its red hue from lycopene, which may boost heart health.<sup>5</sup>

#### Try it:

Mixed with feta cheese and arugula for a spunky salad.

#### Peak season:

May-September

## VEGETABLES



### BELL PEPPER

Red, green, yellow, or orange; these beautiful veggies pack a punch of immune-boosting vitamin C.<sup>3</sup> Green peppers are picked earlier, which means a stronger flavor. Red peppers are fully ripened and taste sweeter.

#### Try it:

Dipped into salsa in place of chips.

#### Peak season:

June-August



### CUCUMBER

The refreshing crunch of a cucumber has just a few calories per serving. Snacking on one can quench your thirst nearly as well as a glass of water, thanks to its high water content.

#### Try it:

Cubed and tossed with chili powder for a refreshing snack.

#### Peak season:

May-August



### EGGPLANT

This versatile veggie packs plant compounds like chlorogenic acid<sup>6</sup> and nasunin<sup>7</sup> that may protect cells from damage and prevent disease. Don't discard its skin; the pigments that turn it purple are bursting with benefits.<sup>8</sup>

#### Try it:

Halved, sprinkled with salt, brushed with olive oil, and barbecued cut-side down until browned; around 4-5 minutes.

#### Peak season:

July-October



### TOMATOES

Whether fresh or cooked into sauce, tomatoes are a nutrient-packed summertime pick. Lycopene, which gives them their color, is linked with heart health.<sup>9</sup>

#### Try it:

Sliced and layered with fresh basil leaves. Top with a drizzle of olive oil and vinegar.

#### Peak season:

May-October



### ZUCCHINI

Both green and yellow summer squash are sources of carotenoids like lutein and zeaxanthin.<sup>10</sup> These compounds may help protect vision and prevent cell damage.

#### Try it:

Sliced into rounds and sautéed in olive oil with garlic.

#### Peak season:

June-August

1. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1541-4337.2011.00164.x>
2. <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
3. <https://fdc.nal.usda.gov/>
4. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/27609297>

6. <https://www.ncbi.nlm.nih.gov/pubmed/31330814>
7. <https://www.ncbi.nlm.nih.gov/pubmed/10100509>
8. <https://www.ncbi.nlm.nih.gov/pubmed/16989312>
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3850026/>
10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537869/>



## GREEK YOGURT BERRY BOWL

Serving size: 1

### Ingredients

6 oz nonfat plain Greek yogurt  
1 cup berries  
1 tsp chia seeds OR ¼ cup walnuts  
⅛ tsp cinnamon

### Preparation

Top yogurt with berries, chia seeds or walnuts, and cinnamon.

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
284	10 g	65 mg	35 g	13 g	22 g



## VEGGIE PITA POCKET

Serving size: 1

### Ingredients

1 Tbsp hummus (store-bought)  
½ cup romaine lettuce  
1½ cups chopped veggies of your choice (cucumber, bell pepper, tomato, onion, etc.)  
1 whole wheat pita bread

### Preparation

Cut pita bread so it opens like a pocket. Spread the inside with hummus. Fill pocket with lettuce and your favorite veggies.

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
297	6 g	362 mg	50 g	9 g	12 g



## CUCUMBER DILL HUMMUS SNACK

Serving size: 1

### Ingredients

½ tsp dried dill  
6 Tbsp hummus  
1 cup cucumber slices

### Preparation

Mix dill into hummus.  
Serve with cucumber slices.

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
225	18 g	363 mg	15 g	4 g	7 g





## BRAZILIAN SALMON WITH QUINOA AND ZUCCHINI

Serving size: 4

### Ingredients

4 (4 oz) salmon fillets  
2 large zucchini (sliced into ¼-inch rounds)  
2 cups prepared quinoa  
Aluminum foil

### *Brazilian vinaigrette*

1 onion, chopped  
4 Roma tomatoes, chopped  
⅓ cup chopped parsley  
¼ cup white wine vinegar  
½ cup extra-virgin olive oil

### Preparation

Combine vinaigrette ingredients. Preheat oven to 350° F and cut foil into 4 large squares. Prepare quinoa per package instructions. Place 4 oz of salmon, zucchini, and 1-2 Tbsp of the vinaigrette in center of each piece of the foil and close foil tightly. Bake at 350° F until cooked through, about 15-20 minutes. One serving is 4 oz of salmon, ½ cup quinoa, and 1 cup vegetables.

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
<b>381</b>	<b>19 g</b>	<b>339 mg</b>	<b>29.5 g</b>	<b>5 g</b>	<b>22 g</b>



## BALSAMIC GLAZED CHICKEN WITH TOMATOES AND MOZZARELLA

Serving size: 4

### Ingredients

1 lb. chicken breasts  
2 roma tomatoes, sliced  
1 cup shredded mozzarella cheese  
4 cups mixed greens  
3 Tbsp fresh basil, sliced thin  
1 tsp salt ¼ tsp pepper  
½ cup balsamic vinegar  
1 Tbsp extra virgin olive oil

### Preparation

Pound chicken breasts thin and trim fat. Add 1 Tbsp of olive oil to skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens. Enjoy!

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
<b>497</b>	<b>24 g</b>	<b>443 mg</b>	<b>28 g</b>	<b>9 g</b>	<b>40 g</b>



## ZUCCHINI PARMESAN WEDGES

Serving size: 1

### Ingredients

1 zucchini, cut into 4 wedges  
4 Tbsp Parmesan cheese

### Preparation

Preheat broiler. Cut zucchini into wedges. Sprinkle Parmesan on wedges and broil on baking sheet for 8 minutes, until cheese is melted and zucchini is tender-crisp.

Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
117	6 g	3 g	17 mg	376 mg	9 g	2 g	5 g	8 g



## MELON WITH MINT & FRESH LIME

Serving size: 1

### Ingredients

½ cup mixed, pre-cut  
melon cubes (watermelon,  
cantaloupe, honeydew, etc.)  
4 mint leaves, chopped 1  
wedge fresh lime

### Preparation

Top melon with chopped mint and a  
squeeze of fresh lime juice. Enjoy!

Calories	Fat	Sodium	Carbohydrates	Fiber	Protein
31	0 g	15 mg	8 g	1 g	1 g

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