

SPOTLIGHT ON SUMMER FOODS

YELLIN' YELLIN' FOR STRAWBERRIES AND MELON

Nothing tastes better on a hot summer day than fresh, juicy fruit. Because of the water content, fruit can often be thought of as a nutrient lightweight, but nothing could be further from the truth! With their bold, red colour and sweet flavour, strawberries and watermelons will add a pop of colour to your table AND some impressive health benefits!

STRAWBERRIES

- ✓ Provide 150% of the daily value of vitamin C for immune health.
- ✓ Promote collagen to strengthen bones and keep the skin looking young.
- ✓ Provide antioxidants and flavonoids for disease and cancer protection.
- ✓ Help to regulate blood sugar, lowering the risk of type 2 diabetes and obesity.
- ✓ Provide prebiotic fibre to promote the growth of good bacteria for digestion health.
- ✓ Boost good cholesterol to protect from heart disease.

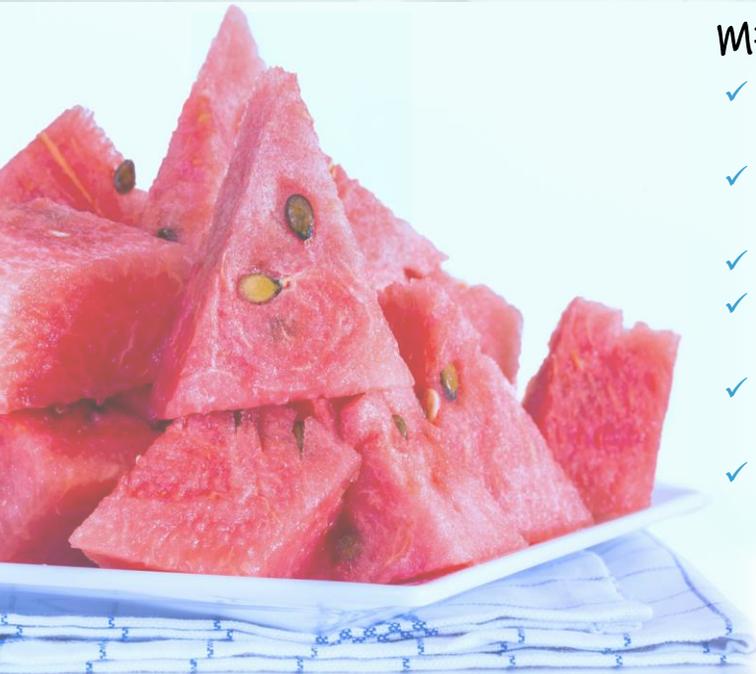
FUN FACT: Strawberries are a member of the rose family and are the only fruit with seeds on the outside!



MELONS

- ✓ Have more lycopene – a cancer preventative nutrient – than any other fruit.
- ✓ Provide 30% of the daily value of vitamin A to keep your eyes healthy.
- ✓ Are 92% water – one of the most hydrating foods.
- ✓ Are high in potassium, which is great for the kidneys, and if enjoyed post-workout, aids in recovery.
- ✓ Are sweet, but include a low glycemic load meaning that it won't spike blood sugar!
- ✓ Lower blood pressure and helps to prevent cardiovascular disease.

FUN FACT: Trouble fitting your watermelon in the fridge? Japanese farmers grow cube watermelons in glass cases to save on space!



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A TWIST ON SOME SUMMER STAPLES

You can almost predict the staple dishes you will find at every summer barbecue. Unexpected dishes can add a smile to an already sunny day. Update some traditional summer favourites with a modern and healthy twist.

Strawberry Salsa

Set yourself apart and wow your summer party guests with this fun alternative to the standard nachos and salsa!

3 cups strawberries, finely chopped or pulsed in food processor
2 tablespoons fresh lemon juice
1 tablespoon extra light olive oil
3 tablespoons fresh basil leaves, chopped
1/4 teaspoon salt
1 tablespoon sugar
Pinch of black pepper

Directions: Combine lemon juice, olive oil, salt, pepper, and basil. Add strawberries and mix until fully combined. Drizzle with balsamic reduction (optional). Makes 4 servings.

Nutrition Per Serving: Cal: 42 | Fat: 2g | Protein: 0.5g | Sodium: 75mg | Carbohydrate: 6.4g | Fibre: 1.3g | Sugar 4.6g
Adapted from: <https://www.thecookierookie.com/strawberry-basil-salsa/>



Grilled Watermelon Steaks

Transform juicy watermelon into an impressive dish that looks as good as it tastes!



4 slices watermelon, rind on, about 1-inch thick (room temperature)
1 tablespoon olive oil, extra virgin
6-8 ounces Ricotta cheese
2-3 tablespoons fresh mint, torn
a few pinches of sea salt
1-2 tablespoons balsamic reduction
4 cups arugula

Directions: Heat grill to high heat. Brush the sides of the watermelon lightly with the olive oil. Sear each side for 1-2 minutes. Allow to cool. Top with cheese and mint leaves. Serve on arugula and drizzle with balsamic reduction. Makes 4 servings.

Nutrition Per Serving: Cal: 187 | Fat: 7.4g | Protein: 7.5g | Cholesterol: 13mg | Sodium: 124mg | Carbohydrate: 25g | Fibre: 1.8g | Sugar 10.6g
Adapted from: <https://www.shelovesbiscotti.com/basil-balsamic-ricotta-salata-grilled-watermelon/>



Sources: <https://www.webmd.com/diet/ss/slideshow-health-benefits-of-watermelon>
<https://www.organicfacts.net/health-benefits/fruit/watermelon.html>
<https://www.health.com/nutrition/health-benefits-of-strawberries>