Summer Nutrition

The sun is here and it’s time to get outside! Summer is known for outdoor BBQs, gathering with friends and family, and soaking up the sun. Here are some tips and tricks to adding a healthy spin on your next summer event.

Lean Meats. When grilling choose leaner cuts of meat such as chicken or fish. You can also swap your beef burgers for a turkey, salmon, or black bean burger.

Summer Salads. Instead of the traditional mayo-based potato or macaroni salad, try something lighter. Tomato, mozzarella, and basil caprese salad, watermelon and feta salad, or avocado and cucumber salad are lighter options that are perfect to beat the heat.

Fruit Desserts. Who said dessert has to be heavy with added fats? Try fruit kabobs or a simple fruit cup with whip cream as a light and sweet alternative.

Buy Local & Seasonal. Support your local farmer’s market and save money on produce by buying what's in season near you. Check out our seasonal favorites list below!

Please check CDC guidelines when planning your summer events
Spinach & Feta Turkey Burger

INGREDIENTS:

- 2 lbs. ground turkey
- 1 (10 oz.) box frozen chopped spinach, thawed & dried
- 4 oz. feta cheese
- 2 eggs, beaten
- 2 garlic cloves, minced

INSTRUCTIONS:

1. Preheat grill to medium-high and lightly oil grate
2. Mix eggs, garlic, feta cheese, spinach, and turkey into 8 even patties
3. Cook on pre-heated grill until no longer pink in the middle with internal cooking temp of 160 degrees, about 15–20 minutes

Watermelon Poke Bowl

INGREDIENTS:

- 5 cups cubed watermelon
- 1 ripe avocado, pitted and sliced
- 1 small cucumber, thinly sliced
- 1 small jalapeno or Thai chile, diced
- 1/4 cup macadamia nuts
- 1/4 cup chopped scallions
- 2 Tbsp. pickled ginger
- 2 Tbsp. toasted sesame seeds
- Handful of microgreens (optional)

THE DRESSING:

- 1 Tbsp. tamari
- 2 tsp. garlic cloves, minced
- 2 tsp. lime juice
- 2 tsp. rice vinegar
- 1 Tbsp. cane sugar or agave
- 1/2 tsp. sesame oil

FOR MORE INFORMATION, PLEASE CONTACT:

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