Diet Quality and Summer Break!

Diet quality is defined as a diversified and balanced diet that provides energy and essential nutrients for a healthy and active life. With the end of classes and a summer break on the horizon, the quality of your diet may be furthest from your mind. But reconsider! Summer break is the perfect time to explore what’s working well with your eating habits, and where improvements can be made!

Here are several tips to consider as you wrap up this school year:

1. Wherever you call home, spring and summer offers the very best tasting seasonal fruits, vegetables, and grains. Explore and support locally with outdoor markets and festivals.
2. Do you travel over summer break? This is a great way to diversify your diet with the exploration of regional cuisine. Every place in the world has a signature dish that consists of proteins, starches, and fiber rich fruits and vegetables. Take advantage of expanding your palate!
3. Loathe a certain vegetable served this year in the dining hall? Studies show that the more times we try a food, the higher chance we are to like it. The secret is to prepare it in a variety of ways—challenge yourself this summer with cooking foods you typically turn your nose at.
4. Summer is HOT! Be sure to keep up with your hydration by drinking plenty of water AND eating foods with a high water content (think fruits and veggies).

ENJOY YOUR SUMMER BREAK!
Individual Grilled Leek, Zucchini and Ricotta Flatbread

**Ingredients:**

- 2 Tbsp of olive oil plus extra for grilling
- 1 large zucchini cut lengthwise
- 1 leek sliced (white part only)
- 1 garlic clove
- 1 package of naan bread
- 1 lemon halved
- 6 ounces whole milk ricotta cheese
- 1 ounce grated Asiago or Pecorino cheese
- Salt and pepper to taste
- Fresh basil and red pepper flakes for garnish

**Preparation:**

1. Grill over direct heat, turning often, until zucchini and scallions are tender and charred in spots, about 5 minutes; set aside. Finely mince clove of garlic.

2. Place naan on a baking sheet and rub crushed garlic and olive oil over one side. Spread ricotta cheese on same side and layer with grilled zucchini and leeks. Top with Asiago or Pecorino cheese, salt and pepper.

3. Lay baking sheet over hot grill and cover until cheese is fully melted and pizza is warmed through. Remove from heat, and squeeze half a lemon over the top. Garnish with fresh basil and crushed red pepper.

**ENJOY!**

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