



The Dietitian's DISH



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Fresh fruits and vegetables are in season!



Produce departments are overflowing with fresh options – meaning lower prices and plenty of locally grown. With fresh ingredients and a few knife skills (or small kitchen appliances to help you with the prep work), you can bring fabulous flavor combinations to your next meal, snack, or picnic easily. Keep your kitchen cool while you try these fresh salads for your next dinner, potluck or picnic!

You never know – you may just find a flavor combination that your kids will invite into their lunchbox when it's back-to-school time.

Confetti Zucchini Salad

Ingredients:

- 3 medium-sized zucchini, thinly sliced
- 2 ribs celery, finely chopped
- 1 medium-sized red bell pepper, finely chopped
- 1 medium-sized yellow bell pepper, coarsely chopped
- 2 tablespoons chopped fresh parsley
- 1/2 cup Italian dressing
- 1 tablespoon sugar

Directions:

1. In a large bowl, combine zucchini, celery, bell peppers, and parsley; mix well.
2. In a small bowl, combine dressing and sugar; mix well. Pour over vegetable mixture and toss to coat evenly.
3. Serve, or cover and chill until ready to serve.



Watermelon and Peaches Salad

Ingredients:

- 4 cups watermelon cubes
- 2 peaches
- 2 lemons (juice squeezed from them)
- 2 tablespoons granulated sugar
- 1/2 teaspoon ground cinnamon
- 2 cups vanilla yogurt
- 1 tablespoon butter
- 1 cup slivered almonds

Directions:

1. In a saucepan over medium heat, melt the butter and then add the almonds to the pan. Stir the almonds until they are toasted and golden. Remove the almonds from the pan to aluminum foil or heatproof plate to cool.
2. Thinly slice the peaches and toss in a bowl with lemon juice. Add the watermelon cubes to the bowl with the peaches and toss together.
3. Mix together the sugar, cinnamon and yogurt and pour over the watermelon and peaches. Sprinkle the almonds over the top. Serve immediately.



Variation: Swap some of the watermelon and peaches for berries, mango, cantaloupe or other fruits.