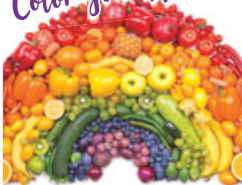




Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Color Your Health!



Eating a rainbow of colors from natural and whole foods is a great addition to focusing on wellness. Fruits and vegetables have a variety of vitamins, minerals and antioxidants that offer protective benefits for all areas of physical and emotional well-being.

LYCOPENE fights inflammation

BETA-CAROTENE for eye, immune system, and skin health

LUTEIN & ZEAXANTHIN for improved vision

FOLATES support heart health and baby's development

FLAVONOIDS offer cancer protection and fight inflammation

Paint your plate with the addition of these delicious side dishes this summer!

Avocado, Quinoa, and Black Bean Salad

Ingredients:

- 1 package (5 ounces) spring mix
- 1 package (4.2 ounces) ready to eat quinoa
- 1 avocado, peeled, pitted, and chopped
- 1 cup chopped red, yellow and/or orange bell peppers
- 1 cup drained and rinsed low sodium black beans
- 1 cup fresh or frozen (thawed) corn kernels
- 1/3 cup mango chipotle or favorite Southwest-style vinaigrette
- 1/2 cup coarsely crushed blue corn tortilla chips
- 1/4 cup roasted and salted pepitas
- Ground chipotle powder for serving



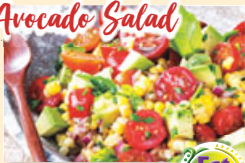
Directions:

1. In large bowl, toss spring mix, quinoa, avocado, peppers, beans, corn, and vinaigrette.
2. Serve salad sprinkled with chips, pepitas and chipotle powder, if desired.
Makes about 10 cups.

Fresh Corn, Tomato and Avocado Salad

Ingredients:

- 6 medium ears of corn, silks and husks removed
- 1/4 cup extra virgin olive oil
- 2 Tbsps. fresh lemon juice
- 1 tsp. Dijon mustard
- 1/4 tsp. ground red pepper
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 cups halved grape tomatoes
- 1/2 cup finely chopped red onion
- 2 Tbsps. chopped fresh chives
- 1 large avocado, cut into 1/2-inch pieces
- 1/3 cup small whole basil leaves



Directions:

1. Heat large, covered saucepot of salted water to boiling over high heat. Add corn and cook for 3 minutes or until corn is crisp-tender. Rinse corn with cold water; drain and cut kernels from cobs.
2. In large bowl, whisk together oil, lemon juice, mustard, red pepper, salt, and black pepper; stir in tomatoes, onion, chives and corn. Fold in avocado and basil.
Makes about 6 cups.