

The Summer Seasonal Spotlight

Start your summer off on a *sweet* note! Replace your sugar-packed go-to desert, with this dietitian approved *tart!* *Challenge* yourself, by packing this treat full of fruits you have never tried! List 3 fruits you want to try this summer--

1. _____ 2. _____ 3. _____

Very Berry Tart

Prep Time: 30 min
Cook Time: 12 min
Total Time: 42 min
Servings: 8

Nutrition Facts per Serving: Calories 193,
Protein 14g, Carbs 18g, Fat 7g, Fiber 5g,
Sugar 7g

Watermelon and Cucumber Salad

Prep Time: 20 min
Cook Time: 5 min
Total Time: 25 min
Servings: 6

Nutrition Facts per Serving: Calories 137, Protein
4g, Carbs 16g, Fat 8g, Fiber 2g, Sugar 9g

Every adult needs $\frac{1}{2}$ to 2 cups of fruits per day and 2 to 3 cups of vegetables per day.

- A serving of **fruits** is $\frac{1}{2}$ cup for most fruits; 1 cup for melons and berries,
- A serving of **vegetables** is $\frac{1}{2}$ cup cooked and 1 cup raw.

Remember! If you need to watch blood sugar, eat your fruit with protein and/or fat. This helps regulate the absorption of sugar within the fruit.

Ingredients

Almond Crust:

2 cups low carb baking mix (Bob's Red Mill)
3 tablespoons canola oil
 $\frac{1}{2}$ tablespoon of agave nectar
1 teaspoon ground cinnamon
1 large egg white

Pie Filing:

2 cups Greek yogurt
2 cups fresh berries
1 tablespoon agave nectar

Directions

Preheat oven to 350 degrees F. Spray a 10" tart pan with cooking spray. In a small bowl, mix together baking mix, oil, agave nectar, ground cinnamon, and egg white. Mix until all ingredients are somewhat sticky. Press almond mixture into the bottom and sides of pan. Bake for 12 minutes, until crust is lightly browned. While crust cools, mix the yogurt with agave nectar. Spread filling into crust and add fresh berries on top. Freeze for two hours and enjoy!

Ingredients

Salad:

4 English cucumbers, diced
3 cups of watermelon, diced
 $\frac{1}{2}$ purple onion, diced
1 yellow bell pepper, diced
2 tablespoons chopped garlic
1 cup chopped fresh parsley
3 tablespoons chopped fresh mint
 $\frac{1}{2}$ cup Feta Cheese topping (optional)

Dressing:

2 tablespoon olive oil
3 tablespoons fresh lemon juice
1 tablespoon kosher salt
1 tablespoon ground black pepper

Directions

Toss cucumbers, watermelon, onion, bell pepper, garlic, parsley, and mint together in a bowl. Drizzle olive oil and lemon juice over the salad and toss to coat; season with salt and pepper. Enjoy!