

### Summertime Fruit Salad

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*This simple recipe contains fruit that are in season this month. These fruits will pair well on a warm summer day with its sweet and refreshing taste. Serve this as a side or have it as a dessert, will be a great way to include more fruits.*

**Yields:** 6 portions

**Serving Size:** 1 cup

**Ingredients:**

- 1-pound **Strawberries**, thinly sliced
- 3 medium **Peaches**, thinly sliced.
- 1 cup of **Blueberries**, rinsed
- 2 Tbsp of **Mint or Basil**
- 2 Tbsp **Lemon Juice** (1 medium lemon)
- 1 Tbsp **Honey**

**Instructions:**

1. In a medium serving bowl, combine the strawberries, peaches, blueberries, and mint or basil.
2. Drizzle the lemon juice and honey on top of the fruit. Gently toss to combine.
3. Serve immediately, or chill for later. This salad can be kept for 2 days in the refrigerator.

**Chef's note:** For a more well-rounded meal, use this as a side salad with other meals, you can add this to your favorite yogurt for more protein, or as a topping on your oatmeal.

**Per Serving:** Calories 72 kcal, Carbohydrates 18g, Protein 1.5g, Saturated Fat 0g, Sodium 1.1mg, Fiber 3.2g, Sugars 13.5g  
This recipe was adapted from [Cookieandkate.com](http://Cookieandkate.com).

# BEYOND HUNGER

## Simple Sautéed Vegetables

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*These simple sautéed vegetables go great with just about any lunch or dinner entrée. They are easy, delicious, and colorful enough to brighten up any meal!*

**Yields:** 4 portions

**Serving Size:** 1 cup

### Ingredients:

- 3 carrots
- 1 zucchini
- 1 yellow squash
- 1/2 red bell pepper\*
- 1 Tbsp cooking oil
- 1/4 tsp dried basil
- 1/8 tsp dried oregano
- 1/8 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp freshly cracked black pepper
- 1 Tbsp butter
- 1 Tbsp chopped fresh parsley (optional)

### Instructions:

1. Peel and slice the carrots. Chop the zucchini and yellow squash into half-rounds. Slice the bell pepper.
2. Heat the skillet over medium-high. Once the skillet is very hot (if you sprinkle water on the pan, it should sizzle and spatter, but it should not be hot enough that the oil begins to smoke), add the cooking oil and swirl to coat the surface. Add the sliced carrots and sauté for about 2-3 minutes.
3. Next, add the bell pepper, zucchini, squash, basil, oregano, and garlic powder. Continue to sauté for 2-3 minutes more, or just until the vegetables begin to soften. You want to take the raw edge off the vegetables, but not cook them to the point where they are limp.
4. Once the vegetables have just begun to soften, remove the skillet from the heat. Add the butter and toss until it has melted and coated the vegetables. Finally, season with a pinch of salt and pepper, give them a taste and adjust the salt or pepper as needed. Garnish with fresh chopped parsley just before serving.

**Per Serving:** Calories 103 kcal, Carbohydrates 10 g, Protein 2 g, Saturated Fat 2.3 g, Sodium 167 mg, Fiber 3 g, Sugars 5.3 g  
This recipe was adapted from Beth Budget-Bytes.