



# Food Advocate

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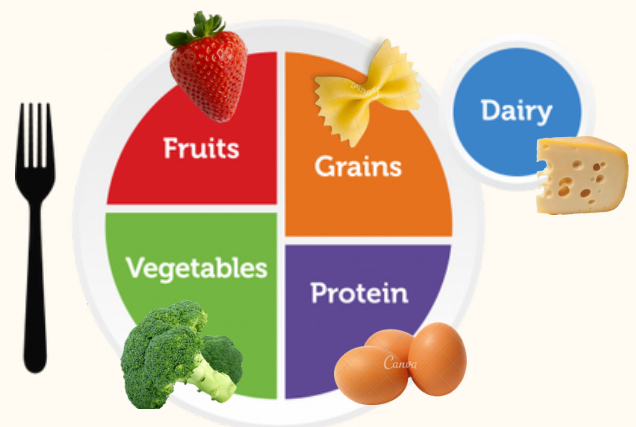
## Summer is almost here!

With a new season ahead of us, it is the perfect time to seek out new recipes and foods. On the second page of this newsletter you will find meal/snack ideas that are MyPlate friendly. The third page will include a chart of what is in season and local markets that are selling produce and other fresh items. HCAA will be attending some of the HDG farmers markets so keep an eye out for those! Share your favorite summer meal/snack by sending a picture to [cinsley@harfordcaa.org](mailto:cinsley@harfordcaa.org).



## Summer on a Plate

Make it a goal this summer to incorporate different food groups into your diet. For some ideas, check out the meals below. Additional information regarding MyPlate and recipes can be found online at [MyPlate.gov](http://MyPlate.gov).



# Different Ways to Incorporate MyPlate into Your Summer Meals



## Fruits

**Fruit Salad:** Combine your favorite fruit into a bowl. Fun shapes can be made out of the fruits as well as added to skewers.

**Fruit Salsa:** Combine pineapple or mango with bell pepper, onion, cilantro, jalapeno, and lime. Can be paired with chips or on top of protein, as well as tacos.

**Smoothies:** Add your favorite fruits, plus any other ingredients such as Greek yogurt and or peanut butter for added protein.

## Vegetables

**Salads:** Whether you enjoy a sweet salad or savory the options are endless when it comes to salads. Top your choice of lettuce with fruits and or vegetables, as well as protein.

**Street Corn Salsa:** Mix together cilantro, corn, mayo, lime, chili powder, salt, and cotija cheese to create the perfect summer salsa. Pair with chips or have as a side.

## Grains

**Pasta Salad:** Create an Italian or Greek pasta salad using your favorite whole grain pasta and ingredients.

**Toast:** Start with a whole grain bread, toast, and top with any of the following for a quick snack: avocado, ricotta, cottage cheese, or jam.



## Protein

**Kebabs:** Add chicken, steak, or shrimp to skewers. Can also add sliced bell peppers and onions in between the protein.

**Sliders:** Can include burgers, tuna/chicken salad, or buffalo chicken.

## Dairy

**Parfait:** Layer fruit and granola in between Greek yogurt to create a delicious snack or breakfast meal.

**Cheese Boards:** Slice up different cheeses and add a variety of nuts, seeds, pickled items, and spreads to a board. Makes a perfect snack for any gathering.

**Dips:** Make your own dip to pair with vegetables, crackers/pretzels, or fruit depending on the dip.



