

# EASY EATS FOR SUMMER

Special Edition from our Friends at Produce for Kids



Kid-Tested &  
RD approved

Kids Cook  
at Home



Produce  
for Kids®

Creating a healthier generation



helping feed our community

Look for these brands in your local Corborn's produce department who are giving back to your community!



Learn more at [produceforkids.com](http://produceforkids.com)

# Meet Our Registered Dietitian

**Healthy Family Project collaborates with registered dietitians focusing on the important role food plays in overall health, plus sharing kid-friendly recipes to add more fresh produce to your family's diet.**

“Get into the kitchen together as a family and get cooking! Cooking together can help kids build self-confidence and lay down the foundation for healthy eating habits.”

*Julie Lopez*

Healthy Family Project Registered Dietitian



Julie Lopez, a Registered Dietitian and Culinary Nutrition Chef based in New Jersey, focuses on educating others about nutrition through food and giving them the tools they need to build confidence in the kitchen.

Learn more at [produceforkids.com](https://produceforkids.com)

# what's in season for *summer*



Asparagus  
Avocados  
Bananas  
Beets  
Blueberries  
Blackberries  
Bok Choy  
Broccoli  
Carrots  
Cauliflower  
Celery  
Cherries  
Cucumbers  
Leeks  
Lemons & Limes  
Mushrooms  
Papaya  
Pineapple  
Potatoes  
Raspberries  
Strawberries  
Summer Squash  
Tomatoes  
Vidalia Onions  
Zucchini



## watermelon lemon popsicles

### INGREDIENTS

- 2 ½ cups cubed Kid's Choice Watermelon
- 1 cup lemonade

**PREP TIME: 10 MINUTES**

**FREEZE TIME: 4 HOURS**

**SERVINGS: 8**

### DIRECTIONS

1. Add watermelon and lemonade to blender
2. Blend on high until smooth.  
Option: use pulse feature if you prefer unblended watermelon pieces in your popsicles
3. Pour mix into popsicle molds and cover
4. Freeze 3-4 hours or until completely solid





## watermelon pizza

### INGREDIENTS

- 1 Kid's Choice Watermelon
- 1 cup of yogurt
- 1/2 cup strawberries, sliced
- 1/2 cup raspberries
- 1/2 cup kiwi
- 1/2 cup blueberries

**PREP TIME: 10 MINUTES**

**SERVINGS: 8**

### DIRECTIONS

1. Using a knife, cut off a slice of watermelon right down the middle, about 2-3 inches thick.
2. Using a spatula, spread an even layer of your yogurt around the watermelon leaving a bit of empty space at the top.
3. Layer your fresh fruit on top.



# Health Benefits of Watermelon

Watermelon contains a variety of nutrients, including potassium, magnesium, and vitamins A and C.



Watermelon is composed of about 92% water, making it an excellent choice for staying hydrated.

The combination of vitamins, minerals, and antioxidants in watermelon makes it beneficial for heart health.



## smashed red potatoes

### INGREDIENTS

- 8 Tasteful Selections® 1-Bite potatoes
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 tablespoons plain Greek yogurt
- 2 tablespoons chopped chives

**PREP TIME: 10 MINUTES**

**COOK TIME: 30 MINUTES**

**SERVINGS: 4**

### DIRECTIONS

1. Preheat oven to 450F.
2. Poke each potato a few times with a fork. Place on microwave safe plate. Microwave on HIGH 2 minutes. Turn potatoes over and microwave on HIGH additional 2 minutes, or until tender. Remove from microwave and let cool.
3. Cut potatoes in half and toss in olive oil, garlic powder, salt and pepper. Place skin-side-up on parchment-lined baking sheet. Gently press down each potato with a potato masher until about 1/2-inch thick.
4. Bake 30 minutes, turning potatoes halfway through cooking, until potatoes are browned.
5. Let cool slightly before topping with yogurt and chives.





## mini mexican potatoes

### INGREDIENTS

- 8 Tasteful Selections® 1-Bite potatoes, halved
- 1 teaspoon olive oil
- 1/2 cup guacamole
- 1/4 cup salsa
- 1/4 cup shredded lowfat mozzarella cheese

**PREP TIME: 5 MINUTES**

**COOK TIME: 20 MINUTES**

**SERVINGS: 8**

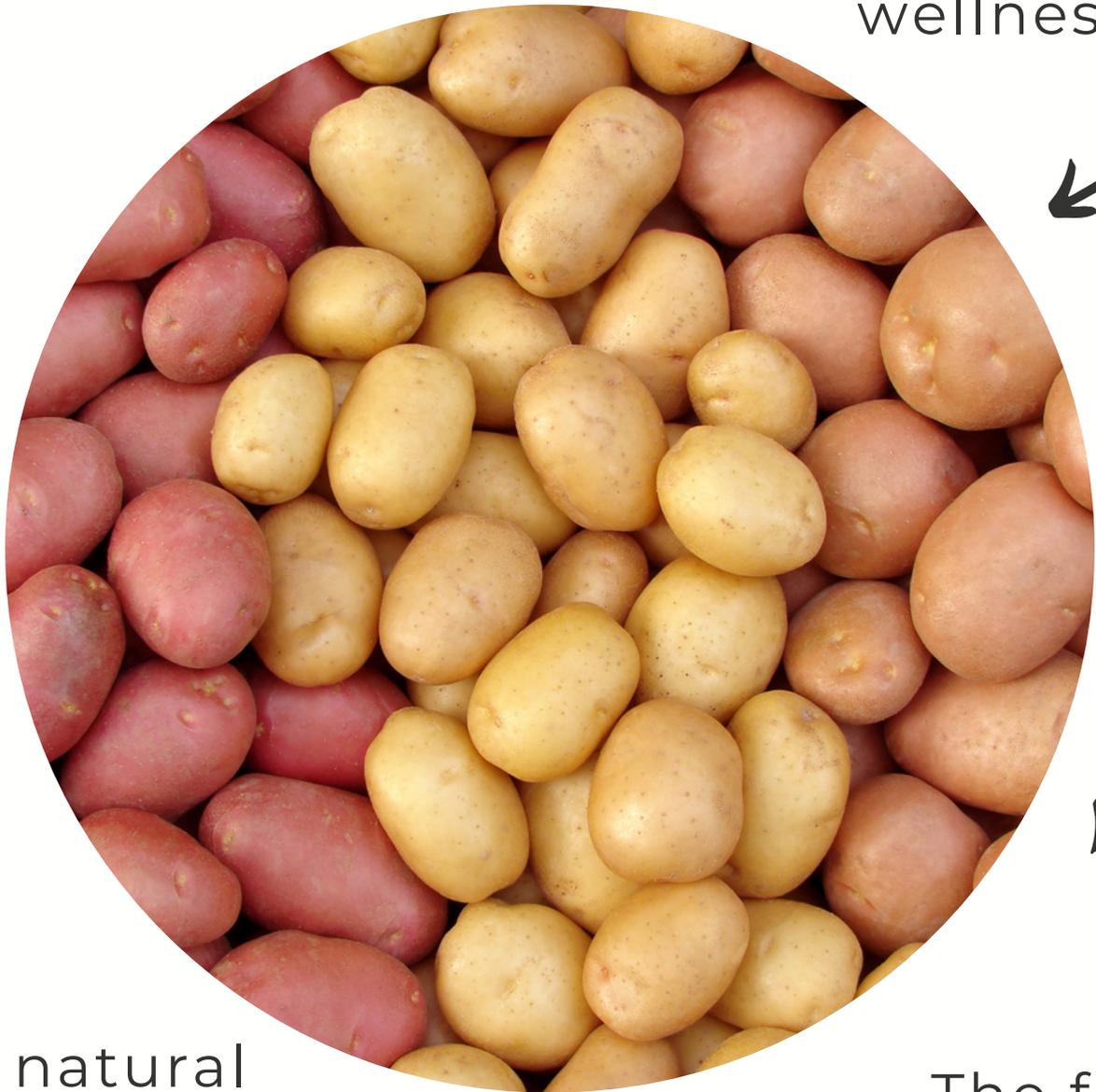
### DIRECTIONS

1. Preheat oven to 400°F.
2. Season potatoes with olive oil, salt and pepper. Lay on parchment-lined baking sheet and bake 15-20 minutes, or until tender.
3. Scoop out 1/4 of inside of each potato half. Add guacamole, salsa and cheese.
4. Return to oven and bake 2 minutes, or until cheese melts.



# Health Benefits of Potatoes

Potatoes are an excellent source of vitamin C, potassium, and fiber, which promote a strong immune system, optimal heart health, and digestive wellness..



The natural carbohydrates in potatoes are an excellent source of energy, promoting a healthy and active lifestyle.

The fiber content in potatoes aids in maintaining a healthy digestive system.



## *oven baked onion rings*

### **INGREDIENTS**

- 1 RealSweet® Sweet Onion
- sliced into 1/4-inch thick rings
- 2 large egg whites beaten
- 1/2 cup whole wheat flour
- 1/4 cup cornmeal
- 1/8 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder

**PREP TIME: 5 MINUTES**

**COOK TIME: 30 MINUTES**

**SERVINGS: 4**

### **DIRECTIONS**

1. Preheat oven to 425°F.
2. Separate onion rings, place half on microwave-safe plate and sprinkle with 1 Tbsp. water. Cover with wax paper and microwave on HIGH 1 minute. Repeat with remaining onions, pat dry and cool.
3. Combine onion rings and egg whites in large bowl. In sealable plastic bag, combine flour, cornmeal, salt, pepper and chili powder. A few at a time, place onion rings inside bag and shake well. Shake off excess flour and place each ring single layer on parchment-lined baking sheet.
4. Bake 10-15 minutes, or until crispy.





## grilled chicken & veggie kabobs

### INGREDIENTS

- 1 RealSweet® Sweet Onion chopped
- 1 pound boneless skinless chicken breast cubed
- 1 yellow bell pepper chopped
- 1 red bell pepper chopped
- 2 large zucchini sliced

**PREP TIME: 15 MINUTES**

**COOK TIME: 10 MINUTES**

**SERVINGS: 4**

### DIRECTIONS

1. Skewer chicken, peppers, onions and zucchini onto skewers. Brush with Italian dressing.
2. Preheat grill or grill pan over medium-high heat. Add skewers and cook 7-10 minutes, turning every few minutes, until chicken is cooked through and veggies are tender. Remove from grill.



# Health Benefits of Onions

Onions are rich in essential vitamins and minerals like vitamin C, vitamin B6, and potassium.



The high vitamin C content in onions helps strengthen the immune system, aiding in the prevention of common illnesses and infections.

Onions are a good source of calcium, which is essential for maintaining healthy bones



## romaine fruit salad

### INGREDIENTS

- 1 package of Revol Greens® Romaine Crunch
- 1 cup sliced Strawberries
- 1 cup Mandarin Oranges
- 3/4 cup Red onion thinly sliced
- 2 tablespoons of lemon juice
- 1 tablespoon Honey
- 2 teaspoons extra virgin olive oil
- 1 teaspoon dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup shaved parmesan cheese

### DIRECTIONS

1. Combine lettuce, strawberries, oranges and red onion in a large bowl.
2. Combine lemon juice, honey, olive oil, mustard, salt, and pepper stirring with a whisk. Drizzle dressing over salad, toss gently to coat.
3. Sprinkle with cheese

**PREP TIME: 15 MINUTES**

**SERVINGS: 2**





## Turkey Taco Salad

### INGREDIENTS

- 1 cup of chopped Revol Greens® Romaine Crunch
- 1/4 cup leftover turkey taco meat
- 2 tablespoons shredded Mexican cheese
- 4 cherry tomatoes quartered
- 2 tablespoons guacamole
- 1 ounce baked tortilla chips

### DIRECTIONS

1. Assemble taco salad with lettuce, taco meat, cheese and tomatoes.

**PREP TIME: 10 MINUTES**

**SERVINGS: 1**



# Health Benefits of Greens

Greens are packed with essential nutrients, including vitamins A, C, and K, as well as folate, manganese, and potassium.



Greens are a good source of dietary fiber, which aids in digestion

Greens are high water content, which can help with hydration and contribute to overall health and well-being.



Have you listened to our **Healthy Family Podcast?**

We chat with experts, fellow parents, friends, and more covering all of the hot topics in the world of healthy, food, and family. **Our topics range from food and nutrition and mental and physical health too.** Tune in where ever you listen to your favorite podcasts.

— “ —

*We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; this isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children.*

— ” —