

FRESH FAMILY FLAVORS

bright recipes for a healthy summer



*Kid-Tested &
RD approved*

Publix



**Produce
for Kids**

Creating a healthier generation



helping feed our community

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



Wonderful®
PISTACHIOS



Driscoll's
Only the Finest Berries™



SYNERGY®
Raw Kombucha



TomatoThyme™



FEEDING®
AMERICA

This campaign has significantly impacted local Feeding America Food Banks within the Publix market, donating over 14 million meals to help those in need.

LEARN MORE AT PRODUCEFORKIDS.COM

what's in season for *summer*



Artichokes
Asparagus
Avocados
Beets
Blackberries
Blueberries
Bok Choy
Carrots
Corn
Cauliflower
Celery
Cherries
Cucumbers
Eggplant
Green Beans
Leeks
Lemons & Limes
Mango
Melons
Okra
Papaya
Peas
Pineapple
Potatoes
Raspberries
Stone Fruit
Strawberries
Summer Squash
Tomatoes
Vidalia® Onions
Zucchini



asparagus puff pastry bundles

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 6

INGREDIENTS

- 1 sheet puff pastry thawed
- 2 oz goat cheese crumbled
- 30 Ayco asparagus spears about 1 lb, ends trimmed
- 1 tbsp milk

DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly dust a clean surface with flour. Unroll puff pastry. Use a rolling pin to thin out until it's about half as thick. Using a pizza cutter or knife, cut into 6 rectangles.
3. Divide goat cheese equally in a diagonal on puff pastry rectangles. Top cheese with 5 asparagus spears. Season with salt and pepper.
4. Wrap ends of puff pastry over top. Brush with milk.
5. Bake 14-16 minutes or until golden brown. Serve hot.



asparagus

ALL ABOUT AYCO ASPARAGUS

high in manganese, which aids processing of cholesterol carbohydrates & protein

a great source of dietary fiber, which helps you feel full faster and promotes heart health

rich vitamins C, which is needed for growth & repair of tissues in all parts of body



rich in folic acids, aids production of the body's genetic material

grown in Mexico & Peru

rich in vitamin A, regulates vision & your immune system

ASPARAGUS HAS IT ALL



Seasonality

Year-round, with peak season being February-June.



Storage Tips

Store in the fridge up to 7-10 days. Trim ends before eating, wash & enjoy.



How to Select

Choose firm asparagus with dry, tight tips. Avoid limp or wilted stalks.



apple, ham & cheese wraps

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 8

INGREDIENTS

- 4 slices low-sodium deli ham cut in half
- 1 HERO® Gala apple sliced
- 2 ounces sliced Cheddar cheese (8 slices)

DIRECTIONS

1. Lay ham on flat surface. Place apple and cheese slice in middle. Wrap ham around slices and secure with a toothpick, if desired.



apples

ALL ABOUT HERO® APPLES



← snack-sized apples for small hands

← sweet, crisp texture

← delightfully mild flavor

← A kid-friendly apple program with an excellent message that parents love:
The power to be a HERO® is in your hands!

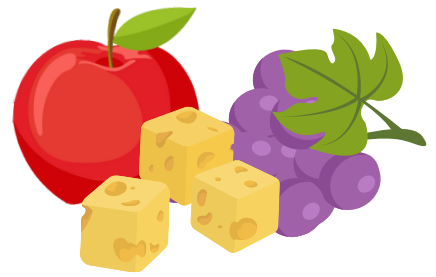
3 INGREDIENT SNACKS WITH APPLES



yogurt & pistachios



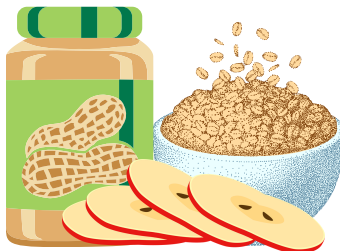
hummus & pretzels



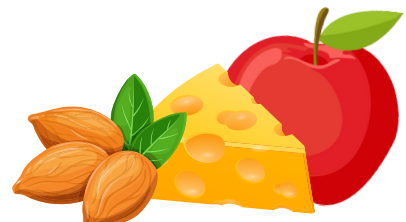
cheese & grapes



nut butter & jelly



nut butter & granola



cheese & almonds



mango, orange & banana smoothie popsicles

PREP TIME: 10 MINUTES

COOK TIME: 2 HOURS

SERVINGS: 6

INGREDIENTS

- 1 Coast Tropical mango, sliced
- 1 banana
- 1 navel orange, juiced
- 1/2 c vanilla Greek yogurt

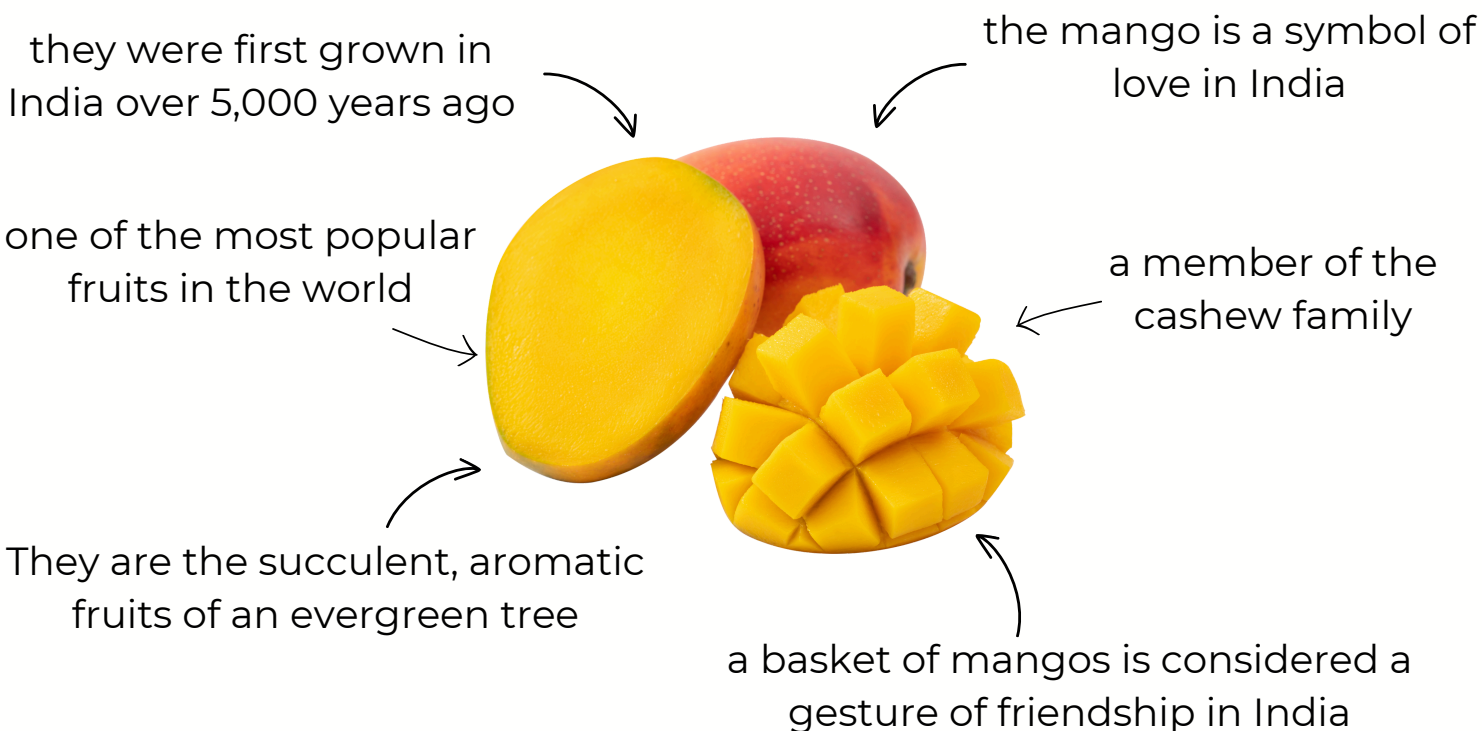
DIRECTIONS

1. Place mango, banana, orange juice and yogurt in blender. Blend until smooth.
2. Pour into molds and freeze 2 - 3 hours, or until frozen.



mango

ALL ABOUT COAST TROPICAL MANGO



MANGO HAS IT ALL



Seasonality

Depending on the variety, mangoes are available year-round.



Storage Tips

Keep firm, unripe mangoes at room temperature. Store ripe mangoes in the fridge up to 5 days.



Health Benefits

Mangoes contain over 20 different vitamins and minerals, a true superfood.



How to Select

A ripe mango will give slightly when squeezed gently. They will sometimes have a fruity aroma at their stem ends.



goat cheese appetizer with mixed berries

PREP TIME: 8 MINUTES
COOK TIME: 0 MINUTES
SERVINGS: 6-8

INGREDIENTS

- 8 oz goat cheese softened to room temperature
- 2-4 tbsp half-and-half
- 1/4 c Driscoll's® Blackberries
- 1/4 c Driscoll's® Raspberries
- 1/4 c Driscoll's® Blueberries
- 1/4 c Driscoll's® Strawberries (hulled and quartered)
- 1-2 tbsp honey
- 2 tbsp fresh mint, roughly chopped
- 1/8 tsp flakey sea salt

DIRECTIONS

1. Whip goat cheese and half-and-half until light and fluffy, spread mixture on serving plate.
2. Top with berries, drizzle with honey, garnish with mint and sea salt.

Driscoll's®
Only the Finest Berries™



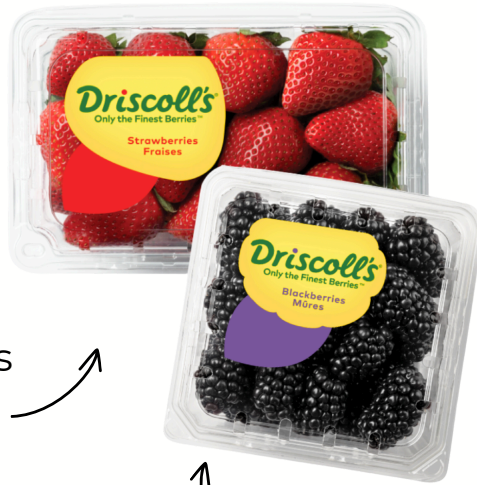
berries

ALL ABOUT STRAWBERRIES & BLACKBERRIES

1 serving of strawberries can help improve heart healthy, lower the risk of developing some cancers and lower blood pressure

berries are a good source of fiber

1 serving of strawberries offers 160% of the recommended daily value of Vitamin C



berries have strong anti-inflammatory properties

blackberries have one of the highest antioxidant contents of any food.

Blackberries contain anthocyanins, a powerful phytonutrient that protects the brain from stress

BERRIES HAVE IT ALL



Seasonality

Strawberries & blackberries are available year-round in most regions.



Storage Tips

Store berries unwashed in the original container in refrigerator for up to 3 days. Refrigerated in their original package in refrigerator for up to 3-5 days.



How to Select

Blackberries should be firm and have a deep color. Strawberries should have a brilliant sheen, a rich, even red color and fresh unwilted green caps.



ratatouille & spinach salad

PREP TIME: 20 MINUTES

COOK TIME: 50 MINUTES

SERVINGS: 6

INGREDIENTS

- 1 package Fresh Express® French Blue Cheese Salad Kit
- 1 large eggplant, cut into 1-inch-thick chunks
- 2 medium zucchini, cut in half lengthwise and then cut into 1/2-inch-thick slices
- 2 medium red bell peppers, cored, seeded, chopped
- 1 medium yellow onion, peeled, chopped
- 5 medium garlic cloves, peeled, chopped
- 5 medium plum tomatoes, roughly chopped
- 1/3 c, plus 1 tbsp olive oil, divided
- 1-1/4 tsp salt, divided
- 1/4 tsp pepper
- 1 tsp Italian seasoning

DIRECTIONS

1. Heat oven to 425° F. Combine eggplant, zucchini, peppers, onion, and garlic in large bowl. Drizzle olive oil; toss to coat. Sprinkle salt and pepper; mix well.
2. Arrange the vegetables in single layer on sheet pan. Bake 45 to 50 minutes, tossing once halfway through, until tender and lightly browned. Let cool.
3. Toss tomatoes with oil in a large bowl. Drizzle with salt; mix well.
4. Arrange tomatoes in a single layer on a sheet pan. Bake 20 minutes or until tender.
5. Transfer vegetables to large bowl. Sprinkle with Italian seasoning; toss gently.
6. Arrange greens from the Fresh Express® French Blue Cheese Salad Kit on a serving platter; drizzle with dressing and mix well.

Arrange the vegetables on the greens; top with croutons and blue cheese.





HOW TO USE FRESH EXPRESS SALAD

add your favorite protein →

top off your favorite flatbread →

make a stir fry →

use them to top off your tacos →

wrap it in your wraps when prepping
your lunch →

add it as the base for your Buddha bowls →



SALAD KITS HAVE IT ALL



Seasonality

Always in
season!



Storage Tips

Store in the
refridgerator &
enjoy before
expiration date.



Health Benefits

Salads are high in
fiber which helps
prevent
constipation &
regulate cholesterol
levels.



strawberry kombucha mocktail

PREP TIME: 8 MINUTES
COOK TIME: 0 MINUTES
SERVINGS: 6-8

INGREDIENTS

- 8oz Strawberry Serenity SYNERGY
- 3-4 scoops of strawberry purée
- 1-2 strawberry slices
- 1-2 scoops of Ice

DIRECTIONS

1. Add strawberry purée & slices to the bottom of a glass
2. Add a layer of ice
3. Top with SYNERGY & stir
4. Garnish with a strawberry

SYNERGY[®]
Raw Kombucha

SYNERGY is safe for children*, supports microbiome diversity, and can be a better-for-them alternative to sugary juices & soda. Children aged 10 and below should limit intake to about 4 to 6 ounces per day. *If you are unsure of introducing something new to your child's system, we recommend consulting your healthcare professional or pediatrician before consuming.

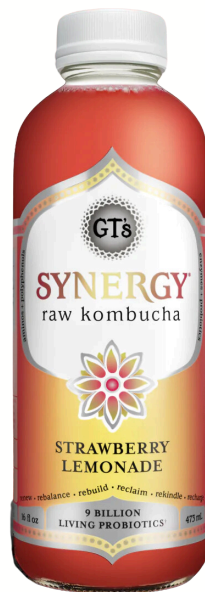
kombucha

ALL ABOUT GT'S KOMBUCHA

fully fermented for 30 days

naturally occurring living
& diverse probiotics

handcrafted in small 5-gallon
batches



cradled in an heirloom
culture (SCOBY)

100% raw, living, and real

packaged in glass

made with whole ingredients

KOMBUCHA HAS IT ALL



Seasonality

Available
year-round.



Storage Tips

Keep your
kombucha in
the refrigerator.



Health Benefits

Kombucha helps
digestion, rids
your body of
toxins, and
boosts your
energy.



dutch baby with angel sweet[®] salad

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

SERVINGS: 6

INGREDIENTS

- 4 tbsp unsalted butter, melted + extra for greasing the pan
- 4 eggs, room temperature
- 2/3 c milk
- 2/3 c all-purpose flour
- ½ tsp salt
- ½ c fresh herbs (chives, thyme, basil, dill, etc.)
- 1 pkg. SUNSET[®] Angel Sweet tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- salt, to taste
- black pepper, to taste
- ¼ c goat cheese, softened
- ½ c cooked bacon, crumbled
- 1 c arugula

DIRECTIONS

1. Preheat oven to 450F. Grease a 10" cast iron skillet with butter. Place the skillet in the center of the oven for 5 minutes.
2. In a blender or with a hand mixer, combine eggs, milk, flour, and melted butter. Blend until batter is smooth and no clumps of flour.
3. Carefully, remove skillet from oven and pour batter into the skillet. Working quickly, sprinkle batter with chopped herbs. Place skillet back in the oven, bake for 20-25 minutes or until Dutch Baby is puffed and brown on top. Do not open oven during first 15 minutes.
4. Toss Angel Sweet tomatoes with oil, vinegar, salt and pepper, set aside.
5. Remove the Dutch Baby from the oven and top with goat cheese and bacon.
6. Garnish with fresh arugula and Angel Sweet tomato salad.



angel sweet tomatoes

ALL ABOUT ANGEL SWEET TOMATOES



sweet grape tomatoes, ripened on the vine in a greenhouse

perfect for snacking & topping on your salad

an excellent source of lycopene and beta carotene which can help prevent cancer

contain potassium, which helps control blood pressure, maintain nerve function and help muscle control.

sustainable & recyclable packing

TOMATOES HAVE IT ALL



Seasonality

Available year-round.



Storage Tips

Store at room temperature. Never store in the refrigerator. Store stem-side-up to avoid bruising.



Health Benefits

Tomatoes are an excellent source of Vitamins A, C and K.



How to Select

Look for plump tomatoes with smooth skins. that are free of bruises, blemishes, or deep cracks.



poppers in a blanket

PREP TIME: 10 MINUTES

COOK TIME: 2 HOURS

SERVINGS: 6

INGREDIENTS

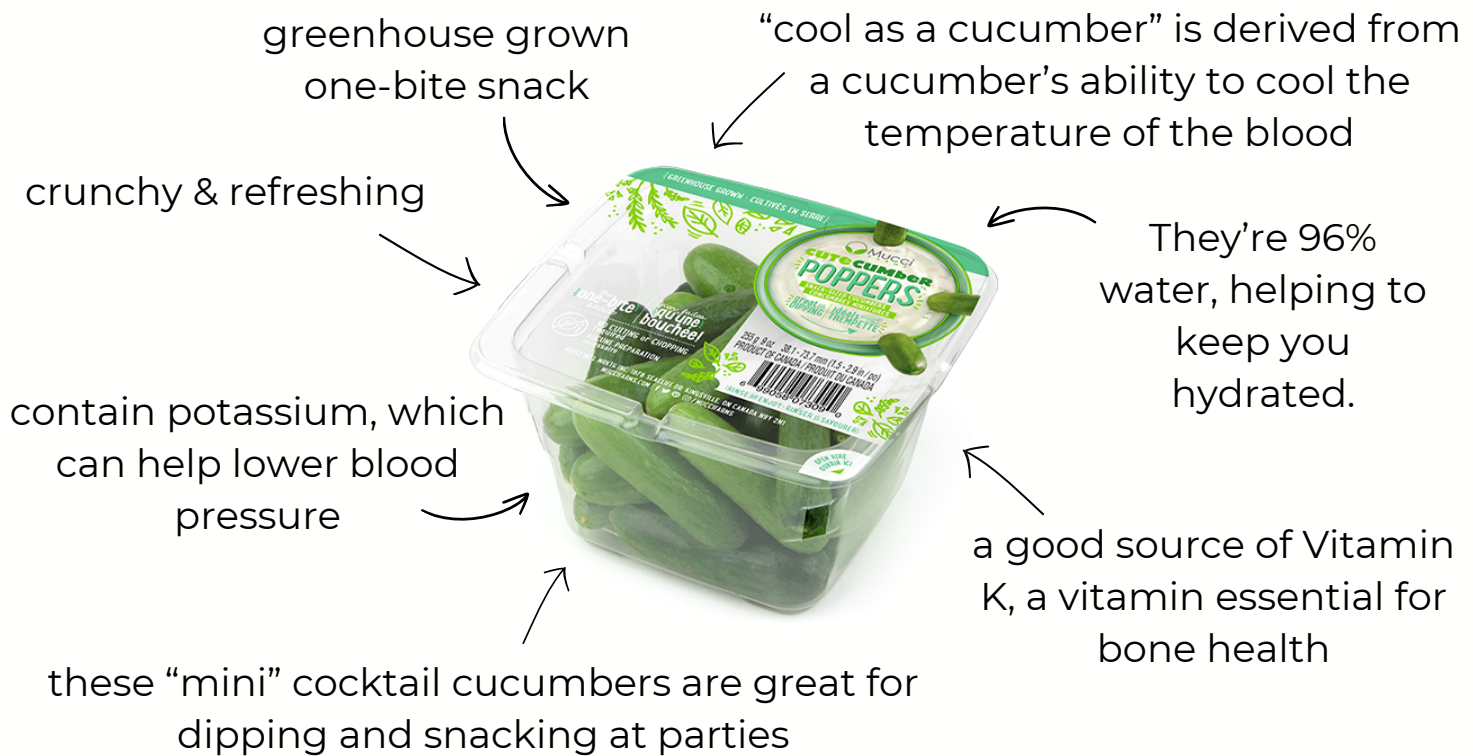
- 12 Mucci Cutecumber Poppers, washed and patted dry
- 2 6" tortilla wraps, cut into 12 equal strips
- 6 oz cream cheese, at room temperature
- 1 tbs red bell pepper, finely diced
- 1 tbs scallion, finely chopped
- 1 clove garlic
- 1 tbs fresh thyme, finely chopped
- ¼ tsp salt
- ¼ tsp fresh black pepper

DIRECTIONS

1. In small bowl, mix together all ingredients except Cutecumber Poppers & tortilla wraps.
2. Spread equal amounts cream cheese filling onto tortilla strips. Roll one cucumber per prepared tortilla strip, secure with a toothpick. Place on a serving tray.
3. Garnish each with Mucci's Sun Drops™ and Sun Bliss sweet grape tomatoes sliced in half.
4. Refrigerate up to an hour before serving.

cutecumber poppers

ALL ABOUT CUTEUCUMBER POPPERS



CUCUMBERS HAVE IT ALL



Seasonality

Available year-round with peak season being May through July.



Storage Tips

Store in a plastic bag on a shelf toward the front of the refrigerator up to 3-5 days.



How to Select

Choose firm, dark green cucumbers with no wrinkles or spongy spots. Avoid wilted, soft or damaged cucumbers.



vidalia onion apple salsa

PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES

SERVINGS: 6

INGREDIENTS

- 2 c diced peeled apple
- ½ c diced red bell pepper
- 1 c cherry tomatoes quartered
- ⅓ c fresh lime juice
- ¼ c diced RealSweet® Vidalia onion
- ¼ c minced fresh cilantro
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 jalapeño pepper, seeded and minced

DIRECTIONS

1. Mix apples, bell peppers, lime juice, red onion, cilantro, jalapeño, pepper and salt in large bowl. Cover and refrigerate before serving.



vidalia onions

ALL ABOUT VIDALIA ONIONS

named after the town they are grown in, Vidalia, Georgia & can only be called a Vidalia if grown in Vidalia

chop them on your salad, grilled on a burger or sauteed with chicken

America's favorite sweet onion

onions have been used to reduce inflammation and heal infections

grill them on a kabob, blend them into your dressing or add on top your tacos



VIDALIA ONIONS HAVE IT ALL



Seasonality

Vidalia onions are available mid-to-late April to early September.



Storage Tips

Store in a cool dry place, with plenty of air movement. Do not store onions in plastic bags.



Health Benefits

Excellent source of cancer-fighting antioxidants, enhances immune function, folate, and fiber.



baked caprese french bread pizza

PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 9

INGREDIENTS

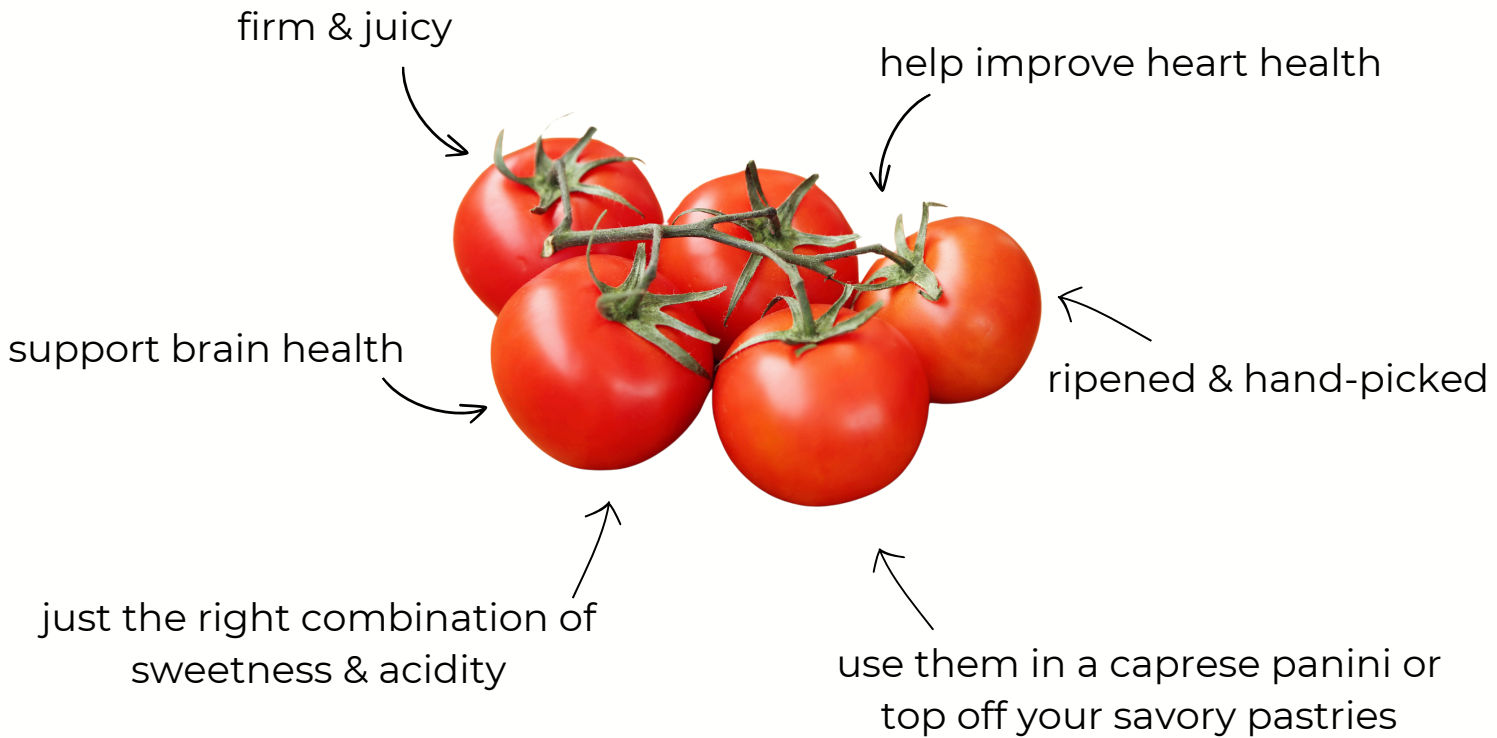
- 1 loaf French bread
- 2 tbsp olive oil
- ¼ tsp garlic powder
- 8 oz fresh mozzarella cheese, sliced
- 4 Tomato Thyme™ Vine-Ripened Tomatoes, sliced
- 8 basil leaves chopped
- 2 tbsp balsamic glaze (optional)

DIRECTIONS

1. Preheat oven to 375°F.
2. Cut French bread into fourths, and slice each fourth in half lengthwise to make 8 even pieces.
3. Place bread on baking sheet. Brush with olive oil and season with garlic powder. Top with cheese and tomatoes. Season with salt and pepper, to taste.
4. Bake 6-8 minutes, or until the cheese is melted and bread is toasted.
5. Remove from the oven and top with chopped basil. Drizzle with balsamic glaze, if desired.

vine ripened Tomatoes

ALL ABOUT VINE-RIPENED TOMATOES



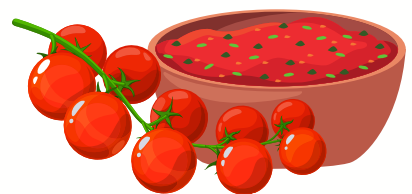
8 WAYS TO ENJOY TOMATOES



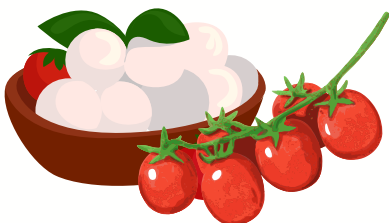
top off your tacos



add into your salad



homemade salsa



caprese salad



tomato sauce



top off your avocado toast



wonderful pistachios carrot & cilantro slaw

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 6

INGREDIENTS

Slaw:

- 3/4 c Wonderful Pistachios No Shells Lightly Salted, coarsely chopped
- 4 c shredded carrots
- 1/2 c packed fresh cilantro, chopped

Dressing:

- 2 tbsp white wine vinegar
- 2 tbsp extra-virgin olive oil
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper

DIRECTIONS

1. In a large bowl, toss carrots and cilantro.
2. In small bowl, whisk vinegar, olive oil, salt, and pepper. Pour into the carrots and mix well. Taste and adjust seasoning to your taste.
3. In a dry pan, toast pistachios over medium heat for 1 minute. Toss pistachios into the salad right before serving.

Wonderful®
PISTACHIOS

pistachios

ALL ABOUT WONDERFUL PISTACHIOS



- ← grown and processed in California
- ← easy, high protein, gluten free snack
- ← a rich source of calcium, iron, potassium & zinc
- ← shown to have cholesterol-lowering effects due to high fiber content
- ← make pesto with them, top them on your salad, or enjoy in your yogurt

PISTACHIOS HAVE IT ALL



Seasonality

Available throughout the entire year.



Storage Tips

After opening, store in your refrigerator in a sealed container.



Health Benefits

Pistachios contain high amounts of protein and antioxidants, helping with blood sugar & weight loss.



caramel apple bites

PREP TIME: 10 MINUTES

COOK TIME: 2 HOURS

SERVINGS: 6

INGREDIENTS

- 1 14 oz bag of Crunch Pack apple slices
- 1/2 c creamy almond or peanut butter
- 1/4 c honey or maple syrup
- 1 tsp vanilla extract
- Optional toppings: chopped nuts, shredded coconut, mini chocolate chips, sprinkles

DIRECTIONS

1. Remove apples from bag. Pat them dry to remove excess moisture.
2. In a microwave-safe bowl, combine almond/peanut butter, honey/maple syrup, and vanilla. Microwave until smooth, stirring in intervals.
3. Dip each apple slice into the caramel mixture, coating evenly.
4. Roll the coated slices in optional toppings of your choice.
5. Place the coated slices on a parchment-lined tray.
6. Chill in the refrigerator for 30 minutes or until the caramel sets.

CRUNCH PAK®

apples

ALL ABOUT CRUNCH PAK APPLES

promotes a healthy heart

supports immune health

aids digestion

supports brain health



stabilizes blood sugar

significant source of antioxidants, which may help lower the risk of diabetes and cancer

APPLES HAVE IT ALL



Seasonality

Apples can be found in-store year-round.



Storage Tips

Store unwashed apples in the fridge's crisper away from strong-smelling foods to prevent odor absorption.



Health Benefits

Eating 1 large apple provides 20% of your daily value of dietary fiber, 8% vitamin C, 7% of your day's potassium.



How to Select

Select ones that are firm to the touch. Avoid noticeably soft, discolored, or indent easily after you press the skin.

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.

"Think about ways you can add more "good" to your (family's) meals. Maybe add some berries to your morning cereal, colorful veggies like lettuce, tomato, and avocado to your sandwich, and spinach to your pasta for a nutrient boost! Small changes add up to big health benefits!"



Chelsea LeBlanc

Healthy Family Project Registered Dietitian

 chelsealeblancrdn.com

 [@chelsealeblancrdn](https://www.instagram.com/chelsealeblancrdn)

Chelsea LeBlanc is a registered dietitian and a Publix shopper based in Nashville. Chelsea works alongside Healthy Family Project to bring families inspiring and nutritious content.

LEARN MORE AT PRODUCEFORKIDS.COM



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.

— ” —