



Topics of discussion today

After completing this continuing education course, nutrition professionals should be able to:

1. Recommend regional, seasonal produce with complementary herbs and spices.
2. Provide clients with 7 recipes per webinar based on the seasonal produce.
3. Demonstrate tips and techniques that will assist the home cook with the provided recipes.
4. Direct clients to resources on the produce in their area.
5. Discuss evidence-based health benefits of herbs and spices in relation to a healthy well-balanced food plan.



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Summer

- o Days tend to be long and hot, often interrupted by an afternoon thunderstorm.
- o Produce is a live and lush, teeming with lots of color and energy!
- o Farmers Markets are overflowing.
- o Memorial Day is the unofficial start of "summer" (official start is June 21st)!
- o Children enjoy a break from the school routine, parents don't have to make lunches every day!
- o Clients may enjoy some extra time outside and also in the kitchen.
- o Summer is the perfect time to rekindle your clients love for vegetables and save money in the process by choosing those in season.



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Why should you eat seasonally?

- o More Nutrients
- o More Flavor
- o More Affordability
- o *Please use our Spring Fling Webinar with Today's Dietitian for specific studies on these reasons. <https://ce.todaydietitian.com/node/68596>



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Shrimp Salad with Summer Tomato Vinaigrette

- o 1 LB Green Beans
- o 2 TB Extra Virgin Olive Oil, divided
- o 1 TB Italian Seasoning, divided
- o Sea Salt and Freshly Ground Black Pepper to taste
- o 2 LBS Large Shrimp, peeled and deveined
- o 1 Large Fennel Bulb, thinly sliced
- o ½ Cup Thinly Sliced Red Onion
- o ½ Cup Capers
- o 6 Cups Fresh Baby Spinach
- o 1 Recipe Summer Tomato Vinaigrette

Step One Preheat the oven to 400F. Toss the green beans with 2 Tsp oil, and 1 Tsp Italian seasoning. Spread them out on a sheet pan and sprinkle lightly with salt and pepper. Toss the shrimp with the remaining oil and Italian seasoning. Spread them out on 2 sheet pans and sprinkle lightly with salt and pepper. Place all three pans in the oven. The shrimp will take 5 – 7 minutes to cook through. (Check to see if they are opaque and pink.) The green beans will be roasted in 10 – 12 minutes. Set aside to cool before adding to the salad.

Step Two In a large salad bowl, add the fennel, red onion, capers and spinach. Toss together and add the roasted shrimp and green beans. Drizzle with the dressing and toss again.

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Vinaigrette and Nutrition Tid Bits....

Summer Tomato Vinaigrette

- o 2 TB Extra Virgin Olive Oil
- o 1 TB Rice Vinegar
- o 1 TB Lemon Juice
- o 1 Tsp Sea Salt
- o ½ Tsp Freshly Ground Black Pepper
- o 1 Tsp Dijon Mustard
- o 1 Large Ripe Tomato, seeded and finely chopped



Shake all the ingredients together in a jar.

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Supermarket Guide- top summer produce

- o Radishes
- o Arugula
- o Cucumber
- o Beets
- o Bell Peppers
- o Carrots
- o Zucchini
- o Garlic
- o Corn
- o String beans

We encourage farmer's markets during this season but if your clients can't do that, here is a basic supermarket to guide to shopping.



Supermarket Guide- top summer produce

- o Apricots
- o Plums
- o Cherries
- o Blackberries
- o Nectarines
- o Strawberries
- o Peaches
- o Tomatoes
- o Melon
- o Lemon
- o Limes



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Summer Squash and Corn Souffle

- o 4 Ears of Corn, kernels cut off the cob
- o 2 TB Olive Oil
- o 2 Cups Sweet or Bell Peppers, chopped
- o 1 Vidalia Onion Chopped
- o 4 Cloves of Garlic, Grated
- o 3-4 Yellow Squash about 1 1/2 LBS, Chopped
- o 2 Large Eggs
- o 2 Large Egg Whites
- o 1 Cup Non Fat Greek Yogurt
- o 1 TB Lemon Juice
- o 4 OZ Whipped Light Cream Cheese, soft
- o 3 TB Chopped Basil
- o 1 Tsp Sea Salt
- o 1/2 Tsp Freshly Ground Black Pepper
- o 1 Cup Shredded Cheddar Cheese
- o 2 TB Parmesan Cheese

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Summer Squash and Corn Souffle

- o **Step One** About an hour before you begin to cook, place the squash in a colander and lightly sprinkle with salt and let drain. Preheat the oven to 375F. Coat 8 ramekins with olive oil spray – or 1 9 x 12 casserole dish.
- o **Step Two** Heat the oil in a large saucepan over medium heat, and sauté the peppers and onion until wilted. Add the squash and corn and sauté for an additional 2-3 minutes. Add the garlic and sauté, stirring for an additional minute. Remove from the heat and set aside for a few minutes to cool.
- o **Step Three** Whisk together the remaining ingredients in a large bowl. Add the cooled veggies into the bowl. Spoon the mixture into the 8 prepared ramekins or the 9 x 12 dish. Place the dish(s) in the oven and bake for about 20 minutes for the ramekins or 30 minutes for the large dish.

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Farmer's Markets

Where else can you pick up fresh fruits and vegetables, look through local artists' work, sample amazing food, and hear live music all at once? It's among the best forms of entertainment during the warm summer months.



- o Bring big bags and small cash
- o Choose Your Time
- o Make a Loop First
- o Be Prepared
- o Something old, something new
- o Ask Questions
- o Grab Bulk Portions
- o Make a Day of It
- o "Roughly" sketch out some recipes/meals ahead of time

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What about mobile markets in rural communities?

"Measuring Effects of Mobile Markets On Healthy Food Choices" Nov 2013 University of Wisconsin in collaboration with the USDA Agricultural Marketing Services did research.

- o What was the issue?
- o What did the study find?
- o How is this relevant to the nutrition professional?



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What about CSA programs?

- o For over 25 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer.
- o Here are the basics: a farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.
- o This arrangement creates several rewards for both the farmer and the consumer.

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More about CSA programs

The Pros for farmers:

- o Get to spend time marketing the food early in the year, before their 16 hour days in the field begin
- o Receive payment early in the season, which helps with the farm's cash flow
- o Have an opportunity to get to know the people who eat the food they grow

The Pros for consumers:

- o Eat ultra-fresh food, with all the flavor and vitamin benefits
- o Get exposed to new vegetables and new ways of cooking
- o Usually get to visit the farm at least once a season
- o Find that kids typically favor food from "their" farm - even veggies they've never been known to eat
- o Develop a relationship with the farmer who grows their food and learn more about how food is grown

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More about CSA Programs

The Cons

- o Unfortunately, CSA programs are still hard to find in some areas. Some can be extremely expensive, so you need to do your homework to make sure you're getting the best program for your money. Farmers decide what they have enough of to go around (they might save certain items for sale at the farmers' markets). A large, weekly box of foods can get overwhelming and give you more than you know what to do with, which leads to waste.
- o www.localharvest.org

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Tzatziki Sauce with Handmade Pita Chips

- o 1 Cup Greek Yogurt
- o 1 Cup English Cucumber, peeled, grated, drained and dried
- o ¼ tsp Sea Salt
- o 1 Garlic Clove, minced
- o 1 TB Dill, chopped
- o 1 Green Onion, chopped
- o 2 tsp Lemon Juice
- o Sea Salt and Freshly Ground Black Pepper to taste



Stir ingredients together in bowl and chill at least 1 hour.

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Tzatziki Sauce with Handmade Pita Chips

Hand Made Pita Chips

- o 6 Whole Wheat Pita Pockets
- o Your Choice, Seasoning Mix or Spice + Sea Salt
- o Olive Oil Spray

o **Step One** Preheat oven to 400F. Cut each pita in half horizontally, then into 8 triangles.

o **Step Two** Spread the pita chips out on a baking sheet and bake in oven until crisp (approximately 10 minutes). Turn pita chips at the 4 - 5 minute mark. *Watch carefully as they tend to burn.

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Nutrition Analysis....

- | | |
|---|--|
| <ul style="list-style-type: none"> o Nutrition Facts o Servings: 1 o Amount per serving o Calories 177 o % Daily Value* o Total Fat 4.2g 5% o Saturated Fat 3.1g 16% o Cholesterol 10mg 3% o Sodium 540mg 23% o Total Carbohydrate 14.1g 5% | <ul style="list-style-type: none"> o Dietary Fiber 1g 4% o Total Sugars 10.3g o Protein 21.2g o Vitamin D 0mcg 0% o Calcium 234mg 18% o Iron 1mg 3% o Potassium 499mg 11% o *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice. |
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Avocado and Tomato Salad with Smoked Paprika Aioli

- o 6 Heirloom Tomatoes, Assorted Colors
- o 4 Avocados, Chopped
- o 1 -2 Heads Baby Lettuces
- o Smoked Paprika Aioli*
- o 2 TB Each Chopped Basil and Mint

Smoked Paprika Aioli*

- o 2/3 Cup Olive Oil Mayo
- o 1 TB Extra Virgin Olive Oil
- o 1 Tsp Smoked Paprika
- o 2 Tsp Lemon Juice
- o 1 Clove Garlic Grated
- o Sea Salt and Freshly Cracked Black Pepper

Arrange the lettuce on 6 plates. Top with the tomatoes and avocados. Spoon some aioli on top and sprinkle with the basil and mint.

In a bowl, whisk together, the mayo, oil, paprika, lemon juice, garlic until smooth. Season to taste with salt and pepper.

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How to help your clients....

- o www.seasonalfoodguide.org

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Watermelon Salad with Mint

- o ¼ Small Red Onion, sliced into thin rings
- o 12 Cups Chopped Watermelon
- o 12 Oz Cured Black Olives, chopped
- o ¼ Cup Crumbled Feta
- o Juice of 1 Lemon
- o Handful of Mint and Basil leaves, coarsely chopped



Place the onion in a small bowl of ice water and set aside while you chop the watermelon and olives. Toss the watermelon, olives, and feta and lemon juice together gently. Remove the onion from the bowl and pat dry. Sprinkle the salad with the onion and herbs.

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Grilled Veggies with Mediterranean Almond Caper Olive Sauce

- o 1/3 Cup Toasted Whole Almonds
- o 1 TB Water
- o 3 TB Sherry Vinegar
- o 1/2 Tsp Sea Salt
- o 1/2 Tsp Freshly Ground Black Pepper
- o 2/3-Cup Extra Virgin Olive Oil
- o 2 Cloves Garlic, Peeled
- o 1 Tsp Smoked Paprika
- o 1 Tin Anchovies, drained (YES! ONE WHOLE TIN!)
- o 1 Cup Capers or Olives or combo (we used Castelvetrano Olives from Sicily in the picture above.)
- o Chopped Fresh Oregano for Garnish
- o Lemon Wedges for Garnish

In a food processor or blender, pulse the almonds until coarsely chopped. Add the water, vinegar, sea salt, pepper, olive oil, garlic, paprika and anchovies and pulse to combine. Place in a bowl and add the capers or olives (or both). Stir until thoroughly combined. Serve over veggies (seasoned with sea salt, pepper and smoked paprika), from the grill and garnish with chopped fresh oregano.

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Fresh Berry (or CHERRIES) Salad with Orange Dressing

- o 1 TB Orange Zest
- o 2 TB Freshly Squeezed Orange Juice
- o 2 Tsp Dijon Mustard
- o 2 TB Apple Cider Vinegar
- o 1/3 Cup Extra Virgin Olive Oil
- o 1/2 Tsp Sea Salt and 1/4 Tsp Freshly Ground Black Pepper
- o 4 - 6 Cups Fresh Seasonal Berries or Cherries
- o 1 Pkg Arugula or other Greens
- o 6 Basil Leaves, coarsely chopped
- o 4 OZ Crumbled Feta (optional)
- o 1/4 Cup Toasted Almonds, Sliced or Slivered

Shake the orange zest, juice, mustard, vinegar, oil and salt and pepper together in a jar. Toss the berries with the Spring Greens and basil and top with the goat feta and almonds. Drizzle with the orange dressing. This dressing makes a super marinade for a white fish on the grill!



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Resources:

- o <https://www.moneycrashers.com/local-farmers-market-shopping/>
- o <https://www.ams.usda.gov/sites/default/files/media/MobileMarkets.pdf>
- o <https://www.localharvest.org/csa/>
- o www.yenwellfit.com

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Questions?



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Credit Claiming

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for one year; you do not need to complete it on July 18, 2018.

Credit Claiming Instructions:

1. Go to CE.TodaysDietitian.com/SummerSeason OR log on to CE.TodaysDietitian.com, go to "My Courses" and click on the webinar title.
2. Click "Take Course" on the webinar description page.
3. Select "Start/Resume Course" to complete and submit the evaluation.
4. Download and print your certificate.

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