

# August Nutrition Newsletter

From the desk of Stephanie Boulay, RD



## Tips on Buying the Best Produce

- \* Buy in season, check your local farmer's market.
- \* Avoid produce that has bruising or skin punctures.
- \* Look for a bright color.
- \* Give your produce a good smell. Produce, unless it's not ripe, should give off a fragrant smell.

## Tuna and Veggie Cucumber Boats



### Ingredients:

5 ounces light tuna                      ¼ cup chopped carrots  
 ¼ cup chopped celery                  2 tbsp. diced red onion  
 ¼ chopped broccoli                    3 tbsp. Greek yogurt  
 1 tbsp. mayo  
 1-2 cucumbers, halved lengthwise and seeded

### Directions:

Combine tuna, carrots, celery, red onion, broccoli, yogurt, and mayo in a medium bowl. Mix until everything is well incorporated.

Spoon into tuna boats and enjoy!

Makes 1-2 servings.

Recipe courtesy of Dani Spies [www.cleananddelicious.com](http://www.cleananddelicious.com)

## Summer Fruits & Veggies In Season

- Apples
- Blueberries
- Cantaloupe
- Peaches
- Raspberries
- Strawberries
- Watermelon
- Arugula
- Beets
- Bok Choy
- Broccoli
- Carrots
- Celery
- Corn
- Eggplant
- Onions
- Radishes
- Spinach
- Summer Squash
- Tomatoes
- Zucchini