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Fresh Summer Eating Made Easy!

Amy Skeoch, MHSc RD

As the weather gets warmer, the birds start singing and that also means that my barbeque is getting tuned up for easy fresh summer meals!

The summertime is a great time for quick, yet nutritious meals. In Ontario, we're lucky to have so many local berries and vegetables bursting with flavour to add a kick to our meals! Here are a few fun facts about these nutrition powerhouses:

- All berries contain vitamin C (especially strawberries!) Vitamin C helps us heal cuts, keep gums, teeth, and bones healthy and keep blood vessel walls strong due to its antioxidant properties (neutralizes harmful molecules in our cells).
- Blueberries contain a powerful antioxidant (*anthocyanin*) in its blue colored skin that may play a role in cancer prevention.
- Most fruits and vegetable skins contain soluble fibre which keeps our digestive systems running smoothly – so keep those skins on!

Easy ways to enjoy fresh fruits and vegetables:

- Add berries to yogurt, cottage cheese, cereals and smoothies at breakfast.
- Cut up colored peppers, zucchini and Onion into large chunks, brush with olive oil and grill on the bbq – enjoy as a side dish, or toss into a salad.
- Add fresh fruits like peaches and nectarines to frozen ice cream/yogurts and already prepared angel food cake **for a quick dessert.**

Maple-Grilled Peaches

Ingredients:

4 firm ripe peaches or nectarines

1/2 cup (125 mL) maple syrup

1/4tsp (1 mL) grated nutmeg or ground cardamom

4 scoops vanilla ice cream or frozen yogurt, (about 2 cups/500 mL)

Preparation:

Halve peaches; discard pits. Place, cut side down, on greased grill over medium-low heat; close lid and grill for 7 minutes.

Turn peaches; brush with one-quarter of the maple syrup.

Sprinkle with nutmeg. Grill until tender, about 8 minutes.

Serve with ice cream; drizzle with remaining maple syrup.



Sources:

<http://ontarioberries.com>

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Grains/Colour-your-choices-with-Vegetables-and-Fruit.aspx>

http://www.canadianliving.com/food/maple_grilled_peaches.php