

Wellness Tip: Produce Tips

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. Healthy eating is a key component of good health! What we eat impacts our energy levels, our mood, our weight, our sleep and our immune system. Incorporating fruits and vegetables in our meals each day helps ensure we are getting the nutrition we need to be our healthiest self. With more of us cooking at home and all the wonderful summer produce right around the corner, we have put together some quick tips to help you include more produce in your daily routine!

Quick Tips:

- Keep Frozen and/or Canned Produce on Hand – this is a great way to make sure you have produce on hand when cooking. Be sure to read the labels, not all are created equal! Watch out for sodium and sugar when purchasing these items.
- Buy Seasonal Produce – it tastes great and is usually more budget friendly. When accessible, farmers markets are great resources and support local farmers!
- Storage is Key – Check out [this flier](#) from eatright.org to help you with storage facts and tips.

For additional information on healthy eating:

- [American Heart Association - Healthy Living: Add Color](#)
- [Eatright.org - Food](#)
- [American Council on Exercise - Recipes](#)
- Check out [this flier](#) for tips on how to build a healthier salad, as well as the recipe below for an easy Arugula & Strawberry Salad.

Easy Salad Recipe:



Arugula & Strawberry Salad

A rich source of iron and vitamins A and C, arugula is nonetheless in desperate need of balancing—here, with aged balsamic vinegar, walnuts and strawberries, another one of springtime's jewels.

Nutrition Profile: Diabetes Appropriate Gluten Free Diet Healthy Weight High Calcium High Fiber Low Calorie Low Carb Low Cholesterol Low Sodium

SERVES	PREP TIME	TOTAL TIME
4	20 min	25 min

Directions

Ingredients

- 1/2 cup chopped walnuts
- 4 cups baby arugula, or torn arugula leaves
- 2 cups sliced strawberries, (about 10 ounces)
- 2 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 2 tablespoon aged balsamic vinegar, (see Ingredient note)
- 1 tablespoon extra-virgin olive oil

Cooking Instruction

Step 1

Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.

Step 2

Add arugula, strawberries, Parmesan, pepper and salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.