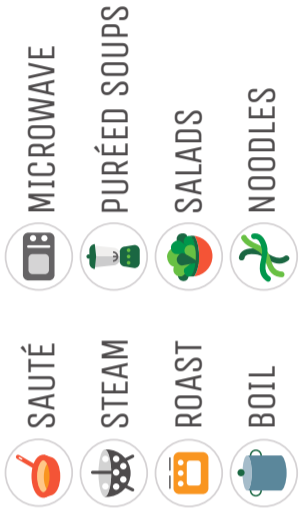


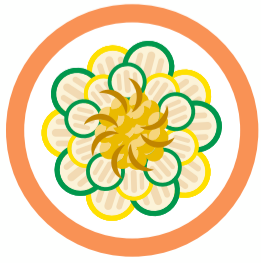
COOKSMARTS' GUIDE TO ENJOYING VEGETABLES

Here's your guide on how you can fill your diet with a whole variety of vegetables. Enjoy them in season for tastiest (and least expensive) results!

WAYS TO ENJOY



ACORN SQUASH	ARTICHOKES	ARUGULA	ASPARAGUS	BEETS	BELL PEPPERS	BOK CHOY	BROCCOLI RABE	BROCCOLI
BRUSSELS SPROUTS	BUTTERNUT SQUASH	CABBAGE	CARROTS	CAULIFLOWER	CELERY	CHARD	COLLARDS	CORN
CUCUMBER	EGGPLANT	ENDIVE	FENNEL	GREEN BEANS	KALE	LEEKs	LETTUCE / MIXED GREENS	MUSHROOMS
MUSTARD GREENS	OKRA	ONIONS	PARSNIPS	POTATOES	NEW / BABY POTATOES	RADICCHIO	RADISHES	RUTABAGAS
SNOW PEAS	SUGAR SNAP PEAS	SPAGHETTI SQUASH	SPINACH	SWEET POTATOES	TOMATOES	CHERRY / GRAPE TOMATOES	TURNIPS	ZUCCHINI / SUMMER SQUASH



13 SIMPLE SALADS FOR SUMMER

Summertime meals call for quick cooking and meals that are refreshing yet hearty. Take advantage of the summer bounty and serve these salads with grilled meats or as the main course.

	SALAD KEY		1	2	3	4
	DRESSING		Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Sherry Vinaigrette
	BASE		Arugula	Mixed Greens	Arugula	Mixed Greens
	INGREDIENTS		Tomatoes, Fresh Mozzarella, Fresh Basil	Blueberries, Gorgonzola Cheese, Walnuts	Strawberries, Fennel, Almonds	Peach, Corn, Cooked Farro, Goat Cheese, Fresh Basil, Almonds
5	BASIC VINAIGRETTE 1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tbsp oil (cooking, avocado, grapeseed, olive) Salt and pepper	LEMON YOGURT DRESSING 1 clove garlic, crushed 2 tbsp lemon juice 1 tsp Dijon mustard 2 tbsp yogurt 2 tbsp oil Salt and pepper	ASIAN VINAIGRETTE 1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tbsp oil	CITRUS VINAIGRETTE ¼ bulb shallot, minced 2 tbsp citrus juice (orange, lemon, lime, grapefruit) 1 tbsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 3 tbsp oil Salt and pepper	SPICED VINAIGRETTE ½ tsp spices (paprika, cumin, coriander) 2 tbsp red wine vinegar 2 tsp Dijon mustard 1 tbsp honey 2 tbsp oil Salt and pepper	
6		Lemon Yogurt Dressing Grilled Summer Squash Shallot, Chickpeas, Parmesan Cheese	Asian Vinaigrette Mixed Greens Bell Peppers, Edamame, Mango, Fresh Basil, Sesame Seeds			
7		Lemon Yogurt Dressing Baby Spinach Hard-boiled Eggs, Cherry Tomatoes, Cucumber, Kidney Beans	Lemon Yogurt Dressing Baby Spinach Hard-boiled Eggs, Cherry Tomatoes, Cucumber, Kidney Beans			
8		Lemon Yogurt Dressing Cooked Potatoes Celery, Olives, Garlic, Jalapeño	Lemon Yogurt Dressing Cooked Potatoes Celery, Olives, Garlic, Jalapeño			
9		Orange Vinaigrette Mixed Greens Watermelon, Cucumber, Feta Cheese, Fresh Mint	Orange Vinaigrette Mixed Greens Watermelon, Cucumber, Feta Cheese, Fresh Mint			
10		Lime Vinaigrette Jicama Corn, Mango, Red Onion, Cilantro	Lime Vinaigrette Jicama Corn, Mango, Red Onion, Cilantro			
11		Spiced Vinaigrette Romaine Lettuce Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño	Spiced Vinaigrette Romaine Lettuce Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño			
12		Spiced Vinaigrette Arugula Cherry Tomatoes, Corn, Shallot, Sunflower Seeds	Spiced Vinaigrette Arugula Cherry Tomatoes, Corn, Shallot, Sunflower Seeds			
13		Spiced Vinaigrette Romaine Lettuce Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño	Spiced Vinaigrette Romaine Lettuce Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño			

