



# Nutrition News

May 2026

## FABULOUS FRUITS & VEGGIES

All forms of fruits & vegetables provide nutrients and are part of healthy, balanced meals!

### **Fresh Produce Tips:**

Purchase fresh when in season to save money.

Try to buy only what you can eat before it goes bad.

Check your SNAP benefits for special deals at a local farmer's market.

### **Frozen Produce Tips:**

Consider choosing lower sodium or lower sugar versions.

Easily add to omelets or scrambled eggs.

Defrost only what you need and keep the rest frozen for later.

The softer texture of thawed produce makes them easier to chew.

### **Canned Produce Tips:**

Choose no salt added veggies or rinse them under water to reduce 40% of the sodium.

Cut up canned sweet potatoes and add them to a casserole or soup.

Canned mixed veggies, peas, or beans are great in a stir-fry.

No cooking necessary, canned produce can be eaten right out of the can.

**If you can, visit your local food pantry before getting groceries!**

# TUNA BEAN SALAD

- 1 tbsp lemon juice**
- ½ tbsp Dijon mustard**
- 1 tbsp oil**
- 1 can pinto beans, rinsed and drained**
- 1 can tuna in water, drained and broken into chunks**
- 1 small tomato, chopped**
- ¼ cup red onion, chopped (optional)**
- ½ tsp dried basil**

- 1. In a small bowl, whisk together the lemon juice and mustard. Gradually whisk in oil. Set aside.**
- 2. In a large bowl, toss together the beans, tuna, tomato, and onion. Gently toss with basil and dressing to coat. Season with salt & pepper.**

## Make it a Meal!

- Eat on bread as sandwich or toasted with cheese like a tuna melt.**
- Scoop some salad into lettuce leaves or a whole wheat tortilla to make a wrap.**
- Hollow out a bell pepper and fill it with salad, top with cheese, and bake at 350 degrees for 15 minutes or air fry at 380 degrees for 5 minutes.**
- Use as a dip for corn chips, whole grain crackers, or pita chips.**
- No matter how you eat it, add ½ cup of canned fruit on the side!**

## PEANUT BUTTER & CORN FLAKE COOKIE

- ¼ cup peanut butter**
- ¾ cup Corn Flakes cereal**
- 1 ½ Tbsp honey or maple syrup**
- ¼ tsp vanilla**

**In a medium bowl, combine the peanut butter, honey or syrup, and vanilla. Gently fold in the corn flakes until they are evenly coated with the peanut butter mixture. Using a spoon, drop 3-4 mounds of the mixture onto a plate. Allow the cookies to set in the refrigerator for at least 30 minutes.**

**Enjoy as a light dessert or quick snack!**