

# July Nutrition Nibbles



## Staying Healthy During Cookout Season



### Grill Vegetables

Season vegetables with herbs and olive oil. Place on a hot grill (or a piece of tin foil) until they are tender and brown. Some examples of vegetables you can grill are: peppers, corn on the cob, eggplant, summer squash, tomatoes and mushrooms.

### Go Lean

Choose options that are lower in saturated fat, such as lean cuts of beef and pork, skinless poultry, or fish. Switch things up with ground turkey burgers.

Grill tofu, tempeh, or bean-based burgers as vegetarian, and vegan alternatives.

### Grill Up Dessert

Cook fruit kabobs, pineapple slices, or peach halves on low heat until the fruit is hot, and slightly golden for a tasty and nutritious dessert.

Grill watermelon for 30 seconds on each side to bring out unique flavors.

## “Jumpin’ July”

Let’s get that heart pumping. Jumping Jacks are a good quick and easy exercise that targets multiple muscles in the body. Complete a set of jumping jacks at least TWICE throughout your day: one set at some point during your morning, and one set during the afternoon.

Here’s how a set will work: July is the 7th month of the year, so you will do 7 jumping jacks, PLUS the day of the month that it is.

Example: July 1st  $7+1 = 8$  Jumping Jacks;  
July 13th  $7+13 = 20$  Jumping Jacks; July  
31st  $7+31 = 38$  Jumping Jacks!!



## Harvest of the Month: Cabbage



### Produce Tips

Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.

Put whole or cut cabbage in a plastic bag. Keep in the refrigerator for up to one week.

Wash cabbage thoroughly just before using. Then, remove tough outer leaves, cut in half, and trim core.

## Apple Cabbage Cole Slaw

### Ingredients

2 cups shredded cabbage  
1 medium carrot, grated  
1/2 medium green pepper, chopped  
1 medium apple, chopped  
5 tablespoons yogurt, low-fat  
1 tablespoon mayonnaise, low-fat  
1 teaspoon lemon juice  
1/4 teaspoon dill weed



### Directions

1. Wash the cabbage. Cut it into fine shreds until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.

## SNAP Corner

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