

## 50 Ways to Eat Your Fruits and Veggies!

### Grilled Zucchini with Citrus Dressing – Serves 4



#### Ingredients:

2 tablespoons grated orange rind	1/4 teaspoon crushed red pepper
3/4 cup fresh orange juice (about 3 oranges)	4 zucchini, each halved lengthwise (about 1 1/4 pounds)
1/2 cup fresh lime juice (about 3 limes)	4 yellow squash, each halved lengthwise (about 1 pound)
3 tablespoons honey	Cooking spray
2 teaspoons olive oil	3 tablespoons thinly sliced fresh basil
1/2 teaspoon salt	

#### Preparation:

Combine first 7 ingredients in a large zip-top plastic bag. Add zucchini, and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.

Prepare grill.

Drain vegetables in a colander over a bowl, reserving marinade. Place vegetables on a grill rack coated with cooking spray, and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade. Place the vegetables in a bowl; sprinkle with the basil and lightly toss with the remaining marinade.

### Tomato and Corn Salsa -Serves 4



Utilize organic or sustainable produce from local farms for great taste – and a positive impact on our environment!

#### Ingredients:

1/2 cup fresh corn kernels (about 1 ear)*	1/4 cup fresh lemon juice
1-1/4 cups chopped tomato	1 teaspoon hot pepper sauce
1/2 cup chopped fresh cilantro	1/2 teaspoon olive oil
1/4 cup chopped red onion	1/4 teaspoon salt
1/4 cup chopped green onions	1/4 teaspoon ground cumin

#### Preparation:

Combine corn and remaining ingredients in a large bowl. \* Corn may be steamed or grilled (cook until done and cool).