

# Pick The Perfect Summer Produce

## Money-Saving Tips To Maximize The Flavors Of The Season

(NAPSA)—Luscious red watermelon. Juicy green grapes. Crisp corn-on-the-cob. Not only do fresh summer fruits and vegetables add the perfect touch to any picnic or barbecue, they're also picked at the height of freshness—which maximizes their flavor while minimizing their cost.

“Summer fruits and vegetables are loaded with vitamins A and C, folic acid, fiber and a host of antioxidants that optimize health, plus they're lower in calories than their starchier fall/winter counterparts,” says Lisa Talamini, RD—vice president, research & program innovation for Jenny Craig, Inc. “Purchasing them in their peak season gives you the best taste at the best price.”

Ripe summer vegetables include arugula, avocados, green beans, beets, celery, collards, corn, cucumbers, eggplant, garlic, mushrooms, onions, peppers, potatoes, sugar snap peas, Swiss chard, tomatoes and zucchini. Your best summer fruits are apricots, blackberries, cantaloupe, cherries, figs, grapes, guava, honeydew, lychees, mangoes, nectarines, papaya, pears, plums, raspberries, strawberries and watermelon.

Talamini offers the following money-saving strategies:

- Visit farmers' markets to reap the health and cost benefits of freshly harvested organic produce. Less time from the field to your table also helps ensure a better flavor.

- Buy produce in bulk. Divide items into individual serving sizes for lunches and quick-and-easy snacks.

- Stock up on berries when on sale and freeze some for future fruit smoothies.

### Mixed Greens with Tangelo Vinaigrette

**2 tps. coarse-grained mustard**  
**2 tps. sherry vinegar**



**1 tsp. tangelo rind, grated**  
**5 tangelos**  
**1 Tbsp. honey**  
**1½ cups loosely packed watercress leaves**  
**1½ cups arugula**  
**1 cup thinly sliced Belgian endive**  
**1 pint fresh strawberries, sliced**

**Combine first 3 ingredients in a small jar and set aside.**

**Peel and section 2 tangelos; set aside. Squeeze juice from remaining 3 tangelos to measure ½ cup juice. Combine juice and honey in a small sauce pan, stirring well. Bring juice mixture to a boil; cook, uncovered, until reduced to ½ cup, stirring occasionally. Remove from heat and cool completely. Add juice mixture to mustard mixture in jar; cover tightly and shake vigorously.**

**Combine watercress, arugula and endive in a bowl; add mustard mixture and toss gently. Place watercress mixture evenly on individual salad plates; top with tangelo sections and strawberry slices.**

**Makes 4 servings. Per serving: 115 calories, 27g carbohydrate, 0.7g fat, 2.5g protein**

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