



Nutrition News



Cool and Refreshing

High Protein Salad

- ★ 6oz can chunk light tuna
- ★ 15 oz. can small white beans, drained
- ★ 6 oz. can ripe olives
- ★ 2 medium tomatoes diced
- ★ 1/2 cup celery diced
- ★ 1/2 cup green onions diced
- ★ Lettuce leaves

Flake the tuna into a medium sized bowl.

Add the next five ingredients.

Drizzle your favorite dressing over all.

Mix well and serve on lettuce leaves.

Tomato Chick Pea Salad

- 1 (19 ounce) can chickpeas drained and rinsed (garbanzos)
- 1 cup chopped fresh parsley
- 4 tomatoes, cut into large dice
- 1 cup chopped cucumber
- 4 green onions, sliced
- 1 cup cubed cheese (use your favorite)

Place all ingredients in a large bowl and add your favorite salad dressing. Mix well and serve.

Fruit Salad

Choose your favorite summer fruit. Cut into bite sized pieces and toss with poppy seed dressing.

Stay Hydrated

Make water visually enticing by adding slices of lemon, lime, cucumber or watermelon to make a refreshing drink.



Add a splash of 100% juice to plain sparkling water for a fizzy summer treat.

Purple Cow Smoothie

- 1 1/2 cups milk
- 3 tbsp. frozen grape juice concentrate
- 1/2 cup vanilla yogurt
- 5 ice cubes

Blend all ingredients until smooth. Makes 3 servings.



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Questions? Ask Your WIC Staff

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