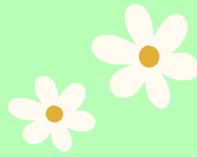


JUNE



FLORIDA
NUTRITION ED
A program of Feeding Florida

Presented by



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Harry's Healthy Highlights

WHAT'S IN SEASON?

- watermelon
- star fruit
- passion fruit
- potatoes
- mushrooms
- papaya
- eggplant
- avocado
- blackberry
- yellowfin tuna



HEALTHY TUNA SALAD

recipe adapted from .eatfresh.org

Ingredients:

- 2 Avocados
- 1 can of Tuna
- 1 Lemon wedge
- 2 tsp Olive Oil
- 1/2 Onion, diced
- 1 tbsp Parsley
- salt and pepper to taste

Directions:

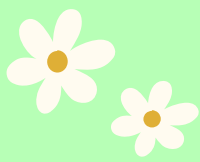
1. Open can of tuna, drain it, and place in a bowl.
2. Stir in lemon juice and olive oil. Add onion and parsley into the mix. Salt and pepper to taste.
3. Spoon tuna salad filling into the avocado and serve.

Enjoy!

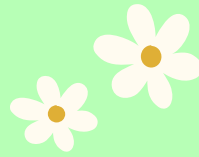
FUN FACT

Yellowfin tuna has around 250mg of omega-3s per 4 oz. serving.





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Consejos Saludables De Harry

¿QUÉ HAY EN TEMPORADA?

- Sandía
- Fruta Estrella
- Maracuyá
- Papas
- Hongos
- Papaya
- Berenjena
- Aguacate
- Mora
- Atún Aleta Amarilla



ENSALADA SALUDABLE DE ATÚN

receta adaptada de eatfresh.org

Ingredientes:

- 2 Aguacates
- 1 lata de Atún
- 1 rodaja de Limón
- 2 cucharaditas de Aceite de Oliva
- 1/2 Cebolla picada
- 1 cucharada de Perejil
- Sal y Pimienta a gusto

Direcciones:

1. Abrir la lata de atún, escurrir y colocar en un recipiente
2. Agregue el jugo de limón y aceite de oliva. Agregue la cebolla y perejil a la mezcla. Sal y pimienta para probar.
3. Vierta el relleno de ensalada de atún sobre el aguacate y sirva. ¡Disfrute!

Enjoy!

DATO CURIOSO

4oz del atún Aleta Amarilla tiene alrededor de 250mg de omega 3!

