

Minnesota in-season summer produce

Welcome to the season of abundance!

Cantaloupe

Cantaloupe offers anti-inflammatory properties and is also rich in vitamins B, C and K. Add cantaloupe slices to your morning yogurt or toss in the blender with peaches for a refreshing cold soup.

Eggplant

The dietary fiber found in eggplant contributes to making us feel full longer. Cut into thick slices and throw on the grill. Sweat your eggplant first — sprinkling it with salt then rinsing, which draws out its moisture.

Tomatoes

The heart-healthy and antioxidant-rich tomato is abundant in the summertime. Replace your afternoon treat with a handful of cherry tomatoes for just 15 calories.

Rhubarb

Tart and low-calorie rhubarb is a summer staple. It is high in vitamins K, B and A and is a good source of dietary fiber. Avoid the top greens and stick to only the stalks of rhubarb.

Zucchini

Zucchini is a heart-healthy and low-calorie veggie. Replacing pasta with zucchini, called "zoodles," is a fun way to enjoy the elements of a pasta dish in a low-carb way.