

Summer Seasonal Foods to Try Today



1. Breakfast: Soft Scramble with Seasonal Foods

As we ease from spring into summer, local onions are at their peak flavor! Look for onions that have very tender stalks for optimal texture and taste.

Finally, if you haven't tried local, fresh, organic free-ranged eggs before, you're in for a surprise. Compared to store-bought eggs (which can often be months old by the time you buy them!), local eggs have startling orange yolks that stand tall above a compact white that doesn't run instantly when you crack it open. You can see, and taste, the difference. Your body will also appreciate it, as researchers have found that local free-ranged eggs are [significantly healthier and more nutritious](#).

8 spring onions
3 tablespoons unsalted butter, divided
Salt and pepper
¼ cup white wine vinegar
1 cup fresh ricotta
1/4 cup finely grated Parmesan
½ lemon
1 small garlic clove
2 pieces focaccia bread
4 large local eggs, beaten/whisked together

Preheat your oven to 350-degrees Fahrenheit. While the oven is heating up, prepare your local onions by chopping off the white bulb and removing the wood tips from the greens. Cut each bulb in half vertically, then chop the greens into 3-inch-long pieces.

In a skillet, heat a couple tablespoons of butter and saute the onion bulbs with a pinch of salt and pepper until the bulbs turn a beautiful, gold hue (this should take approximately five minutes).

Then, add the vinegar, the onion greens, and half a cup of water. Stir constantly until most of the water has evaporated, then empty the contents onto a plate and set aside.

In a mixing bowl, combine the cheeses with another pinch of salt and pepper, the garlic, and grated lemon zest from your half lemon. Mix well and set aside.

Place the focaccia bread in your oven and let it heat up for a couple minutes. You want it hot, but not toasted.

Remove the bread from the oven and smear the seasoned cheese mix on top.

Finally, pour the beaten eggs into a hot, buttered frying pan and stir with a wide spatula in big, sweeping movements. You want the eggs to be folded and not scrambled. Cook for a couple minutes.

Place the eggs on top of the focaccia bread, then sprinkle with the seasoned onions and enjoy this decadent breakfast.

2. Lunch: Summer Celebration Salad

This summer seasonal salad checks all the boxes. It's very rich in protein, fiber and whole grains thanks to the quinoa, which helps support a healthy gut (and a strong immune system). The colorful, seasonal foods don't just look pretty; all those vibrant hues mean they're bursting with flavonoids and antioxidants that support full-body health. And finally the homemade avocado dressing is high in healthy fats, which also support your immunity!

Right now, spinach is just starting to come out of season and cherry tomatoes (local varieties are so much more flavorful than store-bought varieties!) are just coming into season, so you get to enjoy the best of both worlds. Finally, this salad serves as your base for creativity. Add any and all of your favorite local toppings, whether it's freshly grilled summer zucchini or your favorite proteins (e.g. tofu, steak, chicken, etc.). It's versatile, easy to prepare ahead, and can be enjoyed on its own or with as many additions as you crave!

SALAD

2 cups cooked quinoa

2 cups cherry tomatoes, cut in half

2 cups spinach leaves

A handful of crushed almonds

Creative options: Grilled chicken, grilled tofu, and/or grilled veggies like zucchini (another summer seasonal food)

DRESSING

1 avocado

1/4 cup Greek yogurt

1/2 cup water

1 cup cilantro leaves and stems

1 clove of garlic

1/2 teaspoon salt
a squeeze of lime juice

First, make the dressing. Combine all the ingredients in a blender and blend until creamy. If it's too thick for your liking, add a little bit more water.

For the salad, combine all the ingredients (including the dressing) and toss. That's all there is to it! You now have a refreshing, seasonal salad that's crisp, light and bursting with nutrition. If you want, you can add optional toppings like grilled veggies or meat for added heft to this lunch.

3. Dinner: Summer Vegetable Stew

While you might think of stew as more of a fall delight, this option incorporates so many summer seasonal favorites that you and your family won't be able to say no to just one more helping!

It's got all the usual culprits that are at their prime during the summer: Zucchini, and tomatoes, and fresh local herbs, and sweet corn. You'll get more than your full serving of vegetables, and even picky children will enjoy their veggies with this recipe.

1/2 onion, diced
2 tsp garlic, minced
2 tbsp butter
2 cups potatoes, unpeeled but diced
2 cups carrots, peeled and diced
1 14-oz can of chicken or vegetable broth (reduced sodium, ideally)
1 medium zucchini, diced
2 large tomatoes, peeled and diced
Corn kernels from one local corn cob (simply peel and use a butter knife to scrape the kernels off the cob)
1/2 tsp fresh sage, minced
1/2 tsp all-purpose seasoning
1 can evaporated milk (coconut milk if you're vegan)
2 tbsp cornstarch

In a big pot, saute the onions, garlic, carrots and potatoes in butter for five minutes or until the onions are fragrant and tender. Add the broth and simmer for 15-20 minutes until the rest of the veggies are tender, then add the corn, zucchini and tomatoes.

Simmer for another ten minutes, then reduce the heat to low and add the cornstarch and milk. Simmer again for 10-20 minutes or until it's thick and bubbly. Enjoy!

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins drops as you age. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining a healthy diet with healthy supplements!



Alternative Health Concepts

<http://www.alternative-health-concepts.com>