

Fire Up the Barbecue!

Spring is officially here which means warm weather and outdoor activities are in the near future. Barbecues are a great way to spend time outside and there are tons of tasty ways to grill food safely. Pile on the vitamins and nutrients by cooking your vegetables right on the grill. Cut the fat by trying turkey burgers as your protein source and add some spices to turn up the heat! Grilled fruit kebabs, pineapple, or peaches go great with low-fat ice cream for dessert! For more information visit:

[https://www.eatright.org/health/lifestyle/seasonal/fire-up-the-barbecue.](https://www.eatright.org/health/lifestyle/seasonal/fire-up-the-barbecue)

Sweet Corn

Florida sweet corn is available from April–September. This popular vegetable is high in fiber and low in fat. Fiber helps reduce blood cholesterol levels and may lower your risk for heart disease. Sweet corn also contains carotenoids, relatives of Vitamin A, which support eye health. Simply boiling the corn in a large pot filled with water for about 5 minutes will produce a yummy product!

Sweet Corn, Mango, and Black Bean Salsa

Ingredients:

- 2 ears sweet corn, husked
- 1 can black beans rinsed and drained
- 1 mango, pitted and cubed (about 1 cup)
- 3 tbsp fresh lime juice
- 1 tbsp olive oil
- 1 green onion, thinly sliced
- 1 jalapeno pepper, finely chopped
- ¼ tsp salt

Instructions:

Preheat outdoor grill or broiler. Grill or broil corn, turning occasionally, until some kernels turn golden brown, 10 to 12 minutes; cool. Using a sharp knife, cut corn off cobs (makes about 1-1/4 cups). In a medium-sized bowl, combine corn kernels with black beans, mango, lime juice, olive oil, green onion, jalapeno and salt. Serve with grilled or roasted meats, if desired.

<https://sunshinesweetcorn.com/recipe/sweet-corn-mango-and-black-bean-salsa/>