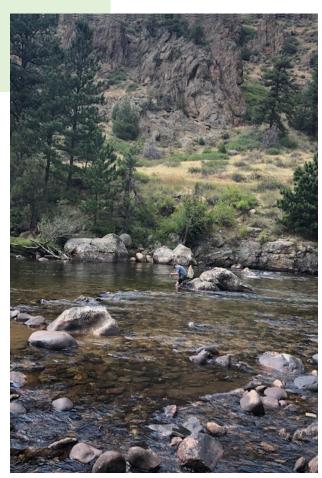
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"Seasonal Eating for Summer"

Posted by Michelle Richardson MSU Denver Dietetic Intern

> When I think of summer in Colorado, I think of all the fun outdoor activities Coloradans like to do. My family enjoys, swimming, tennis, hiking, mountain biking, camping and fishing in the summer. I also think of baseball games at Coors Field and Barbeques with friends and family. For the last two summers I have been busy with work and classes at MSU Denver. I have had to rely on quick, easy recipes with plenty of servings that yield leftovers that T can store in the refrigerator or freezer that are easy to grab &/or heat up on the way out the door.



My son flyfishing on a recent camping trip in Colorado.

Colorado Cherries and Rocky Ford Cantaloupe Colorado Favorites







Colorado Summer Seasonal Fruit and Vegetables: (May-July)

Fruits: Apricots Cantaloupe Cherries Tomatoes Watermelon

Vegetables:

Arugula, mustard, radish, turnip Beet Carrots Chard, cabbage, collards, kale

Cucumber Herbs Lettuce Mushrooms onion/garlic Potatoes

Potatoe Spinach

Summer in my neighborhood July 2021

Healthy Egg Muffin Cups

Preparation time 10 minutes Cook time 15 minutes 12 Servings



1 Tbsp Olive oil

1 cup red pepper chopped

1 cup green pepper

1 cup onion chopped

2 Cups spinach-roughly chopped

1 cup mushrooms (measured before chopping)

2 cloves garlic

6 Whole eggs

*optional hot sauce for topping









Instructions:

Preheat oven to 350°F

Spray muffin with cooking spray set aside

Heat skillet on medium heat and add oil, red pepper, green pepper and onion. Sauté 5-7 minutes till tender.

Add spinach and mushrooms and cook an additional 2-3 minutes. In the last 30 seconds add the garlic. Season with salt and pepper and set aside.

Crack eggs into a bowel, whisk and then stir in veggies.

Pour evenly into muffin pan.

Bake for 15-20 minutes or till tops are firm,

Cool slightly and serve warm. Or cool complexly and refrigerate in container for 4 days.

Nutrition:

Calories 50kcal, Carbohydrate 3g, Protein 4g, Fat 2g, Sodium 47mg, Potassium 161mg, Fiber 1 g, Sugar 1g, Vit A and C, Calcium 20mg, Iron .6mg Recipe credit: Jennifer Debth