

MSU Denver

Fresh Eats for All Seasons 4 of 5

"Seasonal Eating for Summer"

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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 left-overs that I 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
Spinach

Summer in my neighborhood July 2021

Healthy Egg Muffin Cups

Preparation time 10 minutes

Cook time 15 minutes

12 Servings

Ingredients:

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 bowl, 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 completely 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

