Summer is here and it's the perfect time to take advantage of the abundance and variety of locally grown produce!

Beat the heat: Try some of these delicious recipes using summer produce to give your body the energy and nutrients you need, help cool you down and stay well hydrated.

Cucumber Watermelon Salad Recipe

By Kristine Napier, MPH
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Ingredients

2 tablespoons lime juice
2 tablespoons granulated sugar
½ teaspoon salt
¼ cup minced fresh parsley
2 medium unpeeled cucumbers, washed, ends removed, sliced lengthwise then sliced crosswise
3 cups watermelon, cut in 1-inch cubes (about 1 pound)

Directions

1. Combine the lime juice, sugar and salt in a 2-quart bowl; whisk together. Stir in parsley.
2. Add cucumbers; toss with a rubber spatula, coating all cucumber pieces. Add watermelon; fold in gently.
3. Cover, set aside and allow juice from the watermelon to mix with the other juices. Stir gently and let stand at room temperature 1 hour before serving.

Nutrition Information

Serving size: 1½ cups
Serves 4

Calories: 90: Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 300mg; Total Carbohydrate: 20g; Dietary Fiber: 2g; Protein: 2g

Potato, Black Bean and Kale Skillet

Prep Time: 30 minutes

Makes: 4 servings

Ingredients

- 4 red potatoes
- 2 1/2 cups kale (curly Italian or other variety, approx. 6 oz.)
- 2 tablespoons olive oil
- 1 clove garlic (minced)
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 can 15 oz. no salt added black beans (drained and and rinsed)

Directions

1. Dice potatoes into 1/4" pieces.
2. Chop kale.
3. Heat oil, in large skillet over medium heat, Add garlic and onions; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, chili, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.

Source: Produce for Better Health Foundation