Blueberries are known for their antioxidant properties that are important for optimizing health by helping to combat free radicals that damage our cells. Blueberries are not only packed with nutrients, they are also low in calories at just 84 calories for one cup, and about 4g of fiber. When purchasing, choose blueberries that are firm with a bright blue color. Shake the container to see if the blueberries move freely, if not they may be soft and damaged or moldy. Don’t get blueberries that look wet; water caused the berries to decay. At home, rinse the blueberries thoroughly and then dry with paper towels to remove excess moisture and ensure they last longer in your fridge.

### Recipe:

**Breakfast Quinoa with Blueberries**

**Ingredients:**
- 2 cups soy milk or non-fat milk
- 1 cup quinoa, rinsed
- 2 tbsp. light brown sugar
- ⅛ tsp cinnamon
- 1 cup fresh blueberries

**Directions:**
1. Bring milk to a boil in a small saucepan. Add quinoa and return to a boil. Reduce heat to low and simmer covered until milk is absorbed. About 15 minutes.
2. Stir in sugar and cinnamon. Add blueberries and cook for additional 30 seconds.
3. Tip with more milk, cinnamon and blueberries as needed.

**Nutrition Facts:** 245 calories, 9g protein, 43g carbohydrate, 5g fiber, 14g sugar, 1g saturated fat, 0 mg cholesterol, 68 mg sodium.
How to eat Zucchini:

- Add some flavor to your zucchini by grilling and seasoning it. Zucchini can be part of a vegetable kabob, or as a side dish to your main meal.

- Zucchini can be eaten by itself! Cut raw zucchini into smaller sticks, and include your favorite dip for a delicious snack.

- Substitute pasta noodles for zucchini noodles! You will need a spiral vegetable slicer to cut the zucchini into long noodle like strips. Use in your favorite pasta recipe.

Zucchini contains many great nutrients like folate, potassium and vitamin A. It is also low in calories, at only 21 calories for 1 cup chopped!

When purchasing, choose zucchini that are bright, smooth, and firm.

Avoid zucchini that are soft and have cuts or blemishes. Make sure you store raw, unwashed zucchini in the fridge, and use within 3-5 days. Nearly the entire part of a zucchini is edible, so simply wash the zucchini when preparing it, there’s no need to peel the skin!

Zucchini is a of the summer squash family, look in your grocery store for other varieties like Mexican squash, pattypan squash or crookneck squash.

Recipe:
Zucchini Pizza Bites

Ingredients:
1 tbsp. olive oil
3 zucchini, cut into ¼” rounds
½ cup marinara sauce
½ cup grated mozzarella
½ cup mushrooms, chopped
1 tbsp. Italian seasoning
Salt and pepper to taste

Directions:
1. Preheat oven to 400º. Place zucchini on a baking sheet and brush with olive oil. Bake until slightly tender, about 5 minutes.
2. Spoon a thin layer of sauce over each slice and then top with mozzarella and mushrooms. Sprinkle with Italian seasoning and bake until zucchini is tender about 10 minutes.

Nutrition Facts: 92 calories, 5g protein, 7g carbohydrate, 2g fiber, 4g sugar, 5g fat, 7mg cholesterol, 108 mg sodium

For questions, please contact Nicole Collins, MPH, RD Wellness Program Specialist, at Nicole.collins@ucr.edu or 951-827-5082