Blend berries, spinach, a banana and low-fat milk into a smoothie for a sweet treat.

Add mushrooms, onions, zucchini, & bell pepper to spaghetti sauce or soups for a veggie packed meal!

Shop your local Farmers' Market to buy seasonal produce that are at peak taste & nutritional value.

Keep frozen & canned fruits & veggies on hand for a quick addition to meals. Look for "No Salt Added" options.

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**Mango Salsa**

**Serves: 6, Time: 15 min**

**Ingredients:**
- 1 can low-sodium black beans, drained and rinsed
- 2 cups of fresh or frozen mango, diced
- 1/4 cup red bell pepper, chopped
- 1/4 cup green onion, chopped
- 2 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- 1/4 teaspoon chili powder
- 1/4 teaspoon cumin

1. Mix together all ingredients in a large bowl.
2. Salad may be served right away but is best if covered and chilled for at least 1 hour for flavors to blend.
3. Serve with tortilla chips.

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**Nutrition News: Make Half Your Plate Fruits & Vegetables**

As we age it is important to fuel our bodies with fruits and vegetables for important nutrients. Here are some ways to add more to your day!

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Interested in attending online nutrition & cooking classes from home?

Contact Clarise (805)439-1842, Clarise.Pearson@humangood.org or Francine (805)547-8600, Francine.Martinez@humangood.org to be added to the interest list.