



# Living Well Newsletter

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## Fabulous Summer Foods: A Healthy Way to Enjoy the Best of Summer

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Growing up, my dad always used to say, “Just ninety short days. Then it’s back to school.” I never wanted to hear that phrase, but it did remind me to make the most of each summer. As adults, we can enjoy the “ninety short days” as time spent with friends, family and fabulous summer food.

One of the favorite foods for summer is the hot dog. Americans eat 2 billion hot dogs during the month of July, according to the Food Network. Find them at baseball parks, fairs, and on backyard grills. Since hot dogs are found at so many summer events, it is easy to overindulge. The average hot dog has 140 calories, 14 grams fat, and 540 milligrams sodium. Enjoying one at the ball game would be considered eating in moderation, but gobbling up three during the first inning could get you in trouble. For a healthy alternative, try turkey hot dogs on the grill. Concerned about nitrites or added preservatives? Try Beeler’s or Applegate Farm products.

Another indulgence of summer is pork steak. Like peaches in August, pork steak seems to be “in season” from June to August. The price is reasonable, but if you would also like something lower in fat, try pork tenderloin or loin chops.

Fruits and vegetables are abundant in summer months. Cherries are a good snack and make great

saucers. They are also full of vitamin C, which aids in healing and is a powerful antioxidant. Use a cherry pitter, which also works as an olive pitter, to remove seeds and add to fruit salads. The vibrant colors of tomatoes, watermelon, peaches and peppers let you know they are packed with antioxidants, yet delightfully low in calories and fat free!



After weeks of record high temperatures, it is important to stay hydrated. For a twist, try sun-brewed tea. Take your pick from green, white, traditional black tea or decaffeinated tea. Lemon and mint are great additions to tea.

Try these simple healthy summer recipes:

### Sun-brewed Tea

Try this recipe with black tea, green tea, or a combination of both.

Ingredients:

- 4-6 tea bags
- 1/4 c sugar or Splenda
- 6-10 mint leaves, crushed
- 2 quarts water

Instructions:

1. Place water in large clear pitcher
2. Add mint, sugar, and tea bags

3. Cover pitcher and let stand in the sun 2-4 hours
4. Remove tea bags and serve over ice with additional mint sprigs, if desired

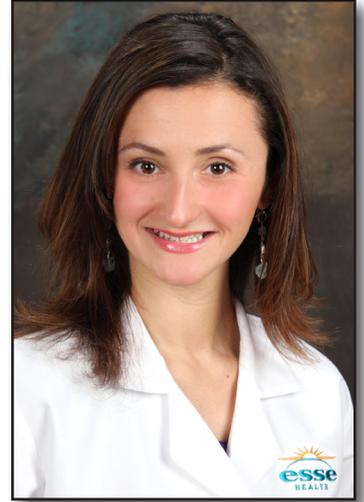
## Mango Salsa

### Ingredients:

- 1 mango, peeled, seeded, chopped
- 1 red bell pepper, seeded, chopped
- 1 green onion, chopped
- 2 tbsp chopped cilantro (optional)
- 1 can (15 oz) whole kernel corn, rinsed and drained
- 1 can (15 oz) black beans, rinsed and drained
- 1 fresh jalapeno pepper, seeded and finely chopped (optional)
- 2 tbsp lime juice
- 1 tbsp lemon juice

### Instructions:

1. In a medium bowl, mix all ingredients.
2. Cover and allow to sit at least 30 minutes before serving for best flavor. Serve over baked fish or with tortilla chips.



Mindy Musselman is a Registered Dietitian and has appointments available for Esse Health patients at our South County and Illinois office locations.

To schedule an appointment with Mindy or for information about Esse Health dietitians in your area, please contact your Esse Health provider.

For more information about Esse Health, please visit us on-line at [www.essehealth.com](http://www.essehealth.com).