



10 Delicious spring fruits & vegetables

Plus 5 recipes!

The end of winter is a perfect time to mix up your eating routine with the fresh flavours of spring. Here are 10 of our favourite warmer-weather produce picks. Enjoy!

Fruits

Strawberries

These red beauties are a super source of cell-protecting vitamin C.¹ One cup of whole strawberries has 85 mg, more than a medium orange.

Try it:

Sliced onto cereal or as a refreshing salad topping.

Peak season:

May-June

Avocado

It's true — avocados are fruit! Unlike any other fruit, however, avocados are rich in heart-healthy monounsaturated fat.

Try it:

As a sub for mayo on a sandwich, or sliced on top of chili.

Peak season:

California avocados are in season spring through summer.

Pineapple

This tropical fruit contains the enzyme bromelain, which helps with digestion. It can also counter inflammation in the body.²

Try it:

Cubed and tossed with chili powder or grilled on the barbecue.

Peak season:

March-July

Apricots

Small in size, apricots pack a nutrient punch. They're an excellent source of eye-protecting carotenoid compounds.

Try it:

Chopped and mixed into grains like barley for a salad, or stewed and spooned over yogurt.

Peak season:

May-July

Cherries

Sweet or sour, all cherries provide polyphenol compounds that protect cells from damage. They also cut inflammation.³

Try it:

Chopped and blended into oatmeal, or cooked down into a sauce to spoon over chicken.

Peak season:

June

Vegetables



Artichoke

A great source of fibre, as well as potassium, vitamin C, folate, and magnesium.⁴ It's also fun to eat!

Try it:

Boiled or steamed and served with a healthy dipping sauce.

Peak season:

March-May



Asparagus

One cup has more than half of an adult woman's daily need for vitamin K, a nutrient that helps your blood to clot and your bones to stay strong.⁵

Try it:

Grilled, roasted, or sautéed and topped with a squeeze of lemon juice as a delicious side dish.

Peak season:

April⁶



Broccoli

Move over, oranges. One uncooked cup of broccoli has more than 100% of the immune-boosting vitamin C that adult women need each day.⁷

Try it:

Roasted until crispy or pureed into a creamy soup.

Peak season:

Early spring; second harvest in fall



Peas

A good source of satisfying plant-based protein — 100 calories of raw peas have nearly 8 grams. That's almost 2 grams more than you'll find in a large egg.

Try it:

Blended into a hummus-like dip or sautéed in a bit of olive oil and mixed with lemon zest and chopped mint leaves.

Peak season:

Early spring



Radishes

These cruciferous veggies pack spicy flavour in each bite. They're also rich in powerful compounds that prevent cancer.⁸

Try it:

Thinly sliced in salads if you like a zesty kick, or roasted with oil, salt, and pepper for a more mellowed flavour.

Peak season:

March-June

1. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
2. <https://nccih.nih.gov/health/bromelain>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6259571/>
4. <http://artichokes.org/recipes-and-such/health-and-nutrition>
5. <https://ods.od.nih.gov/factsheets/vitaminK-HealthProfessional/>
6. <https://www.cookinglight.com/food/in-season/in-season-asparagus>
7. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737735/>



Roasted asparagus spears

Serving size: 1

Ingredients

- 6 asparagus spears
- 1 tsp olive oil
- Salt and pepper, to taste
- ½ lemon, juiced

Preparation

Preheat the oven to 425°F. Toss asparagus spears with olive oil, then arrange onto a baking sheet in a single layer. Bake until tender, 12 to 15 minutes. Sprinkle with lemon juice, salt and pepper and serve.

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein
49	5 g	0.5 g	156 mg	0 mg	2 g	1 g	0 g	1 g



Spring pea soup with pesto

Serving size: 1

Ingredients

- 2 tsp olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 cups frozen peas
- 1½ cups water
- Salt and pepper, to taste
- 1 Tbsp prepared pesto

Preparation

Sauté onion, garlic, and peas in oil for 5 minutes. Add water and salt and pepper, bring to a boil, and simmer for 10 minutes. In blender, puree mixture and top with pesto.

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein
427	17 g	3 g	364 mg	0 mg	54 g	19 g	18 g	17 g



Broccoli & feta omelet

Serving size: 1

Ingredients

- 2 eggs, beaten
- 1 cup broccoli, finely chopped
- ½ cup baby spinach
- 14 g feta cheese
- 1 tsp olive oil
- 1 slice whole grain toast

Preparation

Combine eggs, chopped broccoli, spinach, and feta cheese. Cook in a pan coated with a little olive oil. Serve with a slice of whole grain toast.

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein
307	18 g	6 g	433 mg	340 mg	19 g	5 g	5 g	20 g





California hummus sandwich

Serving size: **1**

Ingredients

- 2 slices whole grain bread, toasted
- 4 Tbsp hummus
- ½ avocado, sliced
- 6 cucumber slices
- ½ cup spinach

Preparation

Make sandwich with hummus, avocado, cucumber, and spinach.

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein
375	21 g	3 g	532 mg	0 mg	42 g	14 g	5 g	13 g



Spinach salad with strawberries

Serving size: **1**

Ingredients

- 2 cups baby spinach
- 1 cup shredded romaine lettuce
- ½ cup sliced strawberries
- 2 Tbsp sunflower seeds
- ½ cup broccoli florets
- 1 cup chopped hard-boiled egg
- ¼ cup kidney beans
- 2 Tbsp vinaigrette

Preparation

Combine all salad ingredients and drizzle with dressing.

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein
487	33 g	7 g	425 mg	506 mg	25 g	8 g	9 g	25 g