Quickbites ~

We're well into summer, and what could be better than summer weather, summer produce and summer fun? In this issue of Quickbites we cover them all.

Let's start with sweet summer fruits. In Simple Summer Fruit Salads we dish up inventive new combos and preparation techniques that will give you fresh ways to enjoy these colorful jewels of the season.

And speaking of color, did you know that the color of fruits and vegetables is the key to their vitamin content? Read The Power of Produce to learn more.

Taking advantage of the warm weather for outdoor workouts? That's all well and good until hazy, hot and humid kicks in. (Along with thunderstorms and hailstorms.) But bad weather doesn't have to derail your routine. See how we've got you covered in our article: The Weather-or-Not Workout.

And whether or not you're heading to a summer picnic here's a lightened-up version of a classic summer recipe you won't want to miss. This American Potato Salad uses buttery flavored Yukon golds, crunchy celery and onion, and a dressing so creamy it will have you double checking on the PointsPlus® value per serving of just 3. (It's true!)

Enjoy!

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