

If you ask most people to think of a yellow food, they'll likely say bananas. And while bananas are lovely (despite what those internet pop ups say about not eating them), there's lots of other yellow produce to explore

Hello Yellow!

Peppers

Yellow peppers contain more vitamin C than green peppers. They add color, flavor, texture and nutrients to a variety of dishes. They can be added to your favorite quiche, sautéed with onions for fajitas or pasta dishes or eaten raw with a Greek yogurt or bean dip.



Yellow squash

Whether you try delicata, straight neck squash, or spaghetti squash, you will be sure to be delighted with this low cal treat that is a good source of vitamins, minerals and fiber. Use in stir fries or Mexican dishes.



Lemons

Lemons are not usually eaten solo but they add a lot of flavor to a healthful diet. Lemon juice makes an excellent salad dressing. Lemons, like other citrus fruit, provide a nice dose of vitamin C. Add them to water or iced tea to freshen things up.



Corn

Yellow corn is another favorite! There is nothing like corn on the cob in the summer and it is so easy to microwave, steam, or grill. Frozen corn can be served as a side dish, made into salsa, or it can be the star ingredient of corn chowder.

