Summer is a great time to eat more Veggies

If you have been following recent published research in nutrition, nutrition blogs, and the news, you already know that following a plant-based diet has the best outcomes when it comes to long term health and longevity. Summer is the best time to upgrade your veggie intake and explore new vegetables when the farmers markets and produce sections of the supermarkets are filled with fresh and colorful veggies and fruits.

I recommend making sure you are eating some organic raw veggies every day as they are rich in fiber, antioxidants and flavor. Summer is a great time to eat vitamin-C rich fruits and veggies, like red peppers, berries and oranges, together with your dark green iron-rich salad greens. Combining vitamin C with iron-rich greens, makes for better absorption of iron.

Roasting Veggies

When it comes to oven **roasting veggies**, I recommend using parchment paper rather than foil. Recent research suggests that when we use aluminum foil during cooking, some aluminum leaches into food. Leaching increases with higher heat (roasting and broiling) and acidity (tomatoes, vinegar, vitamin C–rich produce).

Is aluminum leaching into food bad? Maybe. The average person consumes between 7 and 9 milligrams of aluminum each day through diet. The Food and Drug Administration considers such levels generally safe, however, the Center for Disease Control’s Agency for Toxic Substances & Disease Registry suggests that consuming higher levels of aluminum than average may be linked to nervous system, brain, and bone diseases.

So, although some aluminum in the diet is inevitable, keep exposure minimal with simple changes such as switching to parchment paper over foil when roasting. You can use my Smart Life guide to Roasting Veggies to learn my tips for time and seasoning your roasted veggies.

Grilling Veggies

When it come to **grilling veggies**, the best is to combine the veggies in large bowl with cold-pressed organic olive oil, salt, and pepper. Spray your grill with olive oil or avocado oil and spread the veggies on a grill pan. Close the grill and cook on medium-high for 6-8 minutes, or until vegetables are browned.

Here is a new Grilled Zucchini recipe that my family and guests have been enjoying this season.