



SENIOR NUTRITION NEWS



April 2026

Eat Smart Idaho

Spring Produce Spotlight

Spring produce isn't just delicious—it's packed with nutrients. Eating with the seasons can make meals more enjoyable and affordable. Let's take a look at a few spring favorites and easy ways to add them to your routine:

Spinach: A Nutrient Powerhouse - Spinach is rich in many vitamins and minerals especially vitamins, A, C, & K. It supports eye, bone, and overall health.

- Toss a handful into scrambled eggs
- Add to sandwiches or wraps
- Blend into a fruit smoothie



Asparagus: Great for Heart & Digestion - Asparagus is high in fiber and folate, which support heart health and digestion. Try them:

- Roasted with olive oil, garlic, and pepper
- Steamed and topped with a squeeze of lemon
- Added to omelets or pasta dishes



Strawberries: Sweet & Heart-Healthy - Strawberries are high in vitamin C and fiber. They also have been found to support heart and brain health. Try them:

- Over yogurt or oatmeal
- Sliced into a salad
- As a naturally sweet dessert



Keep It Simple - You don't need complicated recipes to enjoy fresh foods. Even adding one seasonal fruit or vegetable to your day can make a difference.

- Choose fresh or frozen produce - both are nutritious
- Pre-washed or pre-cut options save time
- Try one new produce item each week

Add at least one fruit or vegetable to your meals each day. Small changes can help you stay energized, strong, and independent.

Spring Berry Yogurt Parfait

1 cup low-fat or Greek yogurt
¼ cup blueberries (optional)
1 teaspoon honey (optional)

½ cup fresh strawberries (sliced)
2–3 tablespoons granola



1. Spoon half of the yogurt into a bowl or glass.
2. Add a layer of strawberries and blueberries.
3. Sprinkle with a little granola.
4. Repeat layers with remaining ingredients.
5. Drizzle with honey if desired.

Spinach Pie

Cooking spray
1 cup whole wheat flour
1 teaspoon garlic powder
1-1/2 cups low-fat cheese, shredded

3 eggs
1 cup fat-free milk
1 teaspoon baking powder
4 cups chopped, fresh spinach



1. Preheat oven to 350°F.
2. Spray 9 x 13 casserole pan with cooking spray.
3. Beat eggs well, add flour, milk, garlic powder and baking powder. Add to the 9 x 13-inch pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes until edges are brown and firm all over.

Sources: <https://extension.missouri.edu/media/wysiwyg/Extensiondata/Pub/pdf/hesguide/foodnut/n1161.pdf>;
<https://food.unl.edu/article/asparagus/>; <https://blogs.ifas.ufl.edu/taylorco/2022/01/12/strawberries-pack-big-health-benefits/>; <https://extension.umaine.edu/food-health/recipes/spinach-pie-crustless/> retrieved 3/26/26

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

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North Central Idaho: Clearwater, Idaho, Latah,
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This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.