

Meal Ideas Featuring Healthy Spring Foods

Food fuels our bodies, so it's important to enjoy well-balanced meals. One way to ensure proper nutrition is to base your grocery list on what produce is in season, since in-season foods offer a boost of vitamins and minerals. At Stonebridge at Montgomery, we've compiled this list of some of the best meals to help you answer the question, "What's for dinner?"

Light Spring Dinner Recipes

[White Fish with Mango Lime Salsa](#): Bring the Caribbean to your home with this flavorful dish. Studies link in-season mango to health benefits such as improved immunity, digestive health and eyesight. Plus, limes are high in vitamin C and antioxidants.

[Spring Vegetable Soup](#): With so many vegetables in season, why not include them all in a meal? This spring soup features numerous veggies and tons of flavor, including:

- Carrots – Carrots are rich in vitamin A and other antioxidants. Plus, this “anti-aging” food helps to maintain healthy hair, skin and nails.
- Onions – Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. Additional benefits include increased heart health and boosted bone density.
- Peas – Peas offer anti-inflammatory properties and contain a wide variety of vitamins and minerals.

[Apple Avocado Spinach Salad](#): A light salad is a perfect choice for dinner, and this dish is a great example. Each bite is crisp, tasty and full of nutrients. Seasonal foods featured in this dish include spinach and avocado. Avocados are full of good fats, and spinach is high in vitamin K, which is important for maintaining bone health.

[Jackfruit Tacos](#): Are you ready to try something a little more adventurous in the kitchen? Jackfruit may not be as well known, but it's a versatile fruit. When ripe, it tastes like a sweet apple, pineapple, mango and banana combo. When un-ripened, it has a neutral taste and meat-like texture. This meal utilizes jackfruit in its un-ripened form as a meat substitute, offering a lighter version to taco night.

[Chicken and Broccoli Stir Fry](#): This easy and healthy dinner is ready for the

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table in only 30 minutes. Broccoli is the spring star of the dish and has a reputation as a superfood, meaning it is low in calories and high in vitamins and antioxidants.

Discover Tasty, Nutritious Meals at Stonebridge at Montgomery

We at Stonebridge at Montgomery are committed to quality service, and our dining team is no exception. Our chefs ensure the freshest, most nutritionally beneficial ingredients are offered by focusing menus around seasonal produce. Dining here isn't just about having a meal - we make it an experience.

Learn more about our vibrant senior living community by [contacting our team](#) today. We're always here and happy to answer any questions you may have.