



# May 2025 JSY Newsletter



May's JSY newsletter celebrates the start of grilling season with simple, nutritious ways to enjoy fruits and vegetables outdoors. Our JSY Nutrition Educators, Lily and Claudia, offer tips for healthy grilling that's perfect for spring and summer gatherings. Not only can grilling be fun and enhance flavors to your meals, but it also allows you to spend more time outside during the warm seasons.

Honey-Lime Fruit and Veggie Kabobs are a colorful, nutrient-filled recipe that combines pantry staples and fresh produce like bell peppers, pineapple, and red onion. These kabobs are easy to prepare and grill, making them ideal for weeknight dinners or weekend gatherings with friends and family. The simple honey-lime vinaigrette adds bold flavor without the need for extra salt, sugar, or processed sauces. You can even get creative by mixing up the fruit and vegetable combinations on each skewer – no two kabobs have to be the same!

Grilling fruits like peaches or pineapple with vegetables and lean proteins can be a creative way to eat more produce and try new flavors you have never had before. Experimenting with fresh herbs, vinegar, oil and citrus to create your own marinade to enhance your meals can be fun and enjoyable. You might even find your next favorite signature dish – created by you!

[Download the full May Newsletter here](#) or click the button below for the full recipe, grilling tips, and healthy ways to spice up your meals with citrus, herbs, and seasonal produce. This guide is a great resource for anyone who loves to grill or looking for beginner tips!

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