



Enjoy the taste of summer with Inspire!



Marinated grilled shrimp

Serves: 6 | Calories: 273kcal | Fat: 15g | Saturated fat: 2g | Carbs: 3g | Fiber: 0g
Sugar: 0g | Protein: 31g | Iron: 4mg | Calcium: 85mg | Potassium: 329mg

Ingredients

- 1/3 cup olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil, chopped
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 6 skewers

Directions

1. In a large bowl, stir together the olive oil, tomato sauce, garlic and red wine vinegar. Season with basil, salt and cayenne pepper.
2. Add shrimp and toss until evenly coated. Cover and refrigerate for 30 minutes to 1 hour, stirring once or twice. Preheat grill to medium heat, lightly oil grate.
3. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
4. Grill until the shrimp are opaque, 2 to 3 minutes per side.
5. Serve warm.

Tropical cucumber salad

Serves: 4 | Calories: 185kcal | Total fat: 11g | Saturated fat: 1g
Cholesterol: 10mg | Total carbs: 22g | Dietary fiber: 5g | Sugar: 17g | Protein: 3g
Vitamin A: 23% | Vitamin C: 46% | Calcium: 2% | Iron: 3%

Ingredients

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon neutral oil, such as canola or avocado oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- 1/4 teaspoon crushed red pepper
- 1 medium English cucumber, cut into 3/4-inch pieces
- 1 avocado, cut into 3/4-inch pieces
- 1 mango, cut into 3/4-inch pieces
- 1/4 cup chopped fresh cilantro

Directions

1. In a large bowl, whisk together fish sauce (to taste), lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper until combined.
2. Add cucumber, avocado, mango and cilantro. Gently toss to coat.
3. Serve garnished with lime zest, if desired.



LOW-COST SUMMER ACTIVITIES

Flagstaff Public Library

The Flagstaff Library offers lots of free and fun activities for kids, including Summer Storytimes, the Summer Reading Challenge, Lego Club, arts and crafts, and more.

Starlite Lanes

This bowling alley offers a Kids Bowl Free program in the summer. It's a great way to get out in Flagstaff and enjoy a fun activity. Sign up your child on their website to receive two free games of bowling every week, all summer long. You only need to pay the shoe rental fee. Learn more: kidsbowlfree.com

Concerts in the Park

Every Wednesday at 5:30 p.m., the City of Flagstaff sponsors this family-friendly summer event. Enjoy live music, hula hoops for kids, food vendors, face painting and more. Bring a blanket to join this free community event. See the list of bands and park locations: flagstaff365.com/categories/music

Hike around town

Flagstaff has many amazing local hikes that make getting outside easy. Take time to enjoy the summer weather and plenty on kid-friendly trails, such as Priest Draw, Sandys Canyon Trail, Campbell Mesa Loop and Fatman's Loop.

Free workshop classes at Home Depot

Home Depot offers free, in-store workshop classes for kids at 9 a.m. on the first Saturday of every month. Learn more: homedepot.com/c/kids-workshop

SUMMER SEASON FACT

August is the best time of the year for stargazing and meteor showers. During this time, clear skies provide the most unbelievable views of meteor showers.

DID YOU KNOW?

At the Children's Health Center, Sophie the therapy dog periodically visits our facility.

For scheduling or questions,
please call: [928-214-3537](tel:928-214-3537)

5130 N. Highway 89
Flagstaff, AZ 86004

Learn about Inspire, meet our
team and find more resources:

NAHealth.com/Inspire