



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Score More Points – With Less!

Whether you're following the "madness" of college hoops or need some simple snack ideas, shoot for recipes with fewer ingredients to save you time and money. Frozen ingredients can be used creatively to make delicious finger foods. I guarantee you'll score big with these easy, dunk-able snacks.



Caprese Tortellini Skewers

Ingredients:

- 1 bag **Sevioli** frozen cheese tortellini
- 2 containers **Nature Sweet Cherubs** tomatoes
- Fresh mozzarella balls or cut mozzarella
- 30-40 Fresh basil leaves
- 30-40 Wooden skewers (6-inch)
- **Optional sauces:** Balsamic glaze and prepared pesto

Directions:

1. Prepare cheese tortellini according to package directions. Drain and rinse under cold water and set aside.
2. Thread each skewer with 1 tortellini, 1 piece of fresh mozzarella, 1 tomato and 1 basil leaf.
3. Refrigerate until ready to serve. **Optional:** Serve skewers with small containers of balsamic glaze and prepared pesto for use as dipping sauce or drizzle.



Tropical Fruit and Waffle Kabobs

Ingredients:

- 10 frozen waffles, cut in quarters (or 40 mini waffles)
- 20 strawberries, cut in half
- 2 mangos, diced into 40 pieces
- 1 pineapple, diced into 40 pieces
- 20 Wooden skewers (6-inch)
- **Optional sauces:** Chocolate or fruit sauce

Directions:

1. Thread each skewer with 1 waffle piece, 1 strawberry half, 1 piece of mango, 1 piece of pineapple and then repeat with a 2nd piece of each.
2. **Optional:** Serve skewers with small dishes of chocolate sauce and fruit sauce for dipping or to drizzle.



If you want to keep it even simpler, heat a package of **Birds Eye Steamfresh Protein Blends Southwest Style** per the instructions. Pour into a serving dish and stir to evenly distribute any sauces. Serve with whole grain crackers, tortilla chips, or pita crisps as an alternative to a hearty salsa or "**Cowboy Caviar**".