



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

# Dietitian's Dish

## What's the Occasion?

The key to good health, is a balanced diet and staying physically active. And, a balanced diet includes **all eating occasions** – meals, mini meals, snacks and desserts.

Instead of focusing on things you should avoid, reframe your focus and decide how to add nutrient-filled foods into your daily eating occasions.

To form new habits, take it one step further. Choose a less healthy food to remove and swap in the healthier items. Adding more fruits and vegetables is a great way to accomplish more balanced eating. They're full of vitamins, minerals and other phytonutrients without too many calories or less healthy nutrients.



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### **Kid-friendly idea:**

Replace jelly with mango slices on a PB&J sandwich. Start by offering mango slices on the side at a meal, and then try it in place of the jelly on a sandwich.

You'll add valuable nutrients while cutting out added sugars.

### **Mango is worthy of adding to any occasion!**

- Excellent source of Vitamin C (which is important in immune function)
- Good source of folate (which supports cardiovascular health)

## Blackened Salmon Tacos

### Ingredients:

- 1 lb. skinless salmon fillets, cut in pieces
- 2 Tbsps. blackened seasoning
- 1 Tbsp. olive oil
- 8 (6-in.) extra thin yellow corn tortillas
- 1 large avocado, pitted and chopped
- 1/2 cup drained and rinsed canned black beans
- 1/2 cup frozen corn, thawed
- 1/4 cup chopped green onion
- 1/2 cup shredded red cabbage
- 1/2 cup plain nonfat Greek yogurt



### Directions:

- Sprinkle salmon with seasoning. In large skillet, heat oil over medium-high heat; add salmon and cook 8 minutes or until internal temperature reaches 145° and outside is "blackened," turning once.
- Heat tortillas between 2 damp paper towels in microwave oven 30 seconds. Fill tortillas with salmon, avocado, beans, corn, cabbage and onion; drizzle with yogurt.

Recipe source: [Inseasonzine.com](http://Inseasonzine.com)