



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

Dietitian's Dish

Fast & Nutritious Meals with Frozen Foods

You don't need to shop the prepared meals and frozen meals section of the store to get a quick, nutritious meal on the table. It just takes a little planning and prep before mealtime. Planning ahead also helps to prevent food waste and save money.



- Choose recipes and a list of meal ideas to prepare for the week.
- Check the fridge, freezer and pantry to see what items you already have on hand.
- Plan a weekly menu for what to eat at school, work and home.
- Create a grocery list with all ingredients needed for menu meals and healthy snacks.

When you're shopping, stock up on frozen items like vegetables, pasta, and fruit that can be combined into a variety of quick meals and snacks that are good-for-you.

If you've got 5 ingredients on-hand similar to the ones in this Tortellini Skillet Dinner recipe, and 20 minutes to get dinner on the table, this pasta dinner is for you. It offers simple preparation and clean-up which is perfect when you're pressed for time!

Tortellini Skillet Dinner

Directions:

- 1. Tortellini:** In large, oven-safe skillet, heat 1 cup water to a boil over medium-high heat. Add 1 (16-ounce) bag frozen cheese tortellini; reduce heat to medium, cover and cook 4 minutes or until tortellini is thawed, stirring occasionally.
- 2. Pasta Sauce:** Stir 1 (24-ounce) jar creamy vodka pasta sauce into skillet; increase heat to medium-high and heat to a boil.
- 3. Broccoli:** Add 3 cups frozen broccoli to skillet; cook 3 minutes or until broccoli is thawed, stirring occasionally.
- 4. Chicken:** Add 1-1/2 cups shredded rotisserie chicken breast meat to skillet; cook 2 minutes or until chicken is heated through, stirring frequently.
- 5. Parmesan Cheese:** Place oven rack 6 inches from source of heat; preheat broiler to high. Sprinkle tortellini mixture with 1/2 cup shredded Parmesan cheese; broil 2 minutes or until cheese is golden brown and bubbly.



Recipe & image source: Inseasonzine.com