



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

Dietitian's Dish

Make Adding Produce Simple...

Getting in more servings of fruits or vegetables can be simple. It's important to find easy ways to prepare and flavorful ways to serve them to make it a success. Be purposeful when planning meals and snacks. Including different colors and foods groups at each eating occasion is the first step. Add fruit to breakfast, or veggies on a sandwich for lunch. Boost them by adding veggies into eggs or a smoothie. Or find a new way to top toast for breakfast, lunch, or just a snack. However you decide to color your meals and snacks you need to find a way that works for your lifestyle.



Be bold but simple with broccoli!

Select fresh broccoli that is odorless, with heads that have tight, green florets. Broccoli offers a good source of fiber, potassium, and Vitamin C. As part of a low sodium diet, broccoli may reduce the risk of high blood pressure. Go beyond steamed or roasted broccoli.

Try this quick, flavorful option you can enjoy any time of day.

Broccoli Chimichurri

Prep: 10 minutes Serves: 4

Directions:

- Garlic:** Chop 2 garlic cloves; add to food processor.
- Broccoli:** Cut 1 cup broccoli florets; add to food processor.
- Parsley:** Pick 1 cup fresh parsley leaves; add to food processor.
- Olive Oil:** Add 2 tablespoons olive oil to food processor.
- Red Wine Vinegar:** Add 2 tablespoons red wine vinegar, and 1/4 teaspoon each crushed red pepper flakes, salt and pepper to food processor; pulse until slightly chunky, scraping down bowl occasionally. Makes about 3/4 cup.



For this and other recipes visit InSeasonzine.com.