



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

Dietitian's Dish



Sun-sationally Simple Summer Snacks!

During the summer heat, it's important to stay hydrated and get plenty of nutrients from what you drink and eat. Light and refreshing choices are the way to go. Fruits and vegetables can be the secret ingredient to staying hydrated and well-nourished.

Serving them paired with dairy foods in simple, flavorful recipes can make for an easy lunch or snack option. Add a twist to a trail mix with fresh fruit, to fuel and hydrate at any time of day. You can also snack on quesadilla wedges – or serve them for lunch. Get a boost of flavor and calcium from the cheese and yogurt dip!



Homemade Popcorn Trail Mix

Ingredients:

- 1/2 cup fresh blueberries
- 1 oz. walnut halves
- 1 cup air popped popcorn
- 1 Tbsp. shelled pumpkin seeds
- 1 Tbsp. dark chocolate chips



Directions:

Combine all of the ingredients together in a bowl and gently stir.

Recipe and image from Produce for Better Health Foundation at fruitsandveggies.org.

Veggie Quesadillas with Cilantro Yogurt Dip

Ingredients:

- 12 soft corn tortillas
- 1/2 cups cheddar cheese, shredded
- 1 cup corn kernels
- 1/2 cup beans, black or pinto (canned or cooked; drained)
- 3/4 cup cilantro, chopped
- 1 bell pepper, finely chopped or grated
- 1 jalapeño pepper, finely minced (optional)
- 1 carrot, shredded
- 2 cups plain non-fat yogurt
- 1/2 tsp. salt

Directions:

1. Preheat large skillet over low heat (250°F in an electric skillet).
2. Divide cheese, corn, beans, 1/2 cup cilantro, peppers and carrot between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
3. Place 1 or 2 folded tortillas on a dry skillet and heat until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Flip and cook other side until golden; about 1 minute.
5. Remove to a plate and repeat until all tortillas are heated.
6. Mix together non-fat yogurt, 1/2 cup cilantro, and salt to make the dip. Cut each quesadilla into wedges and serve immediately with the dip.



Recipe and image from FoodHero.org.