



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

# Dietitian's Dish

## Plan a Spectacular 4th of July Menu



**Don't forget to include red, white and blue items!**

Start with fruits and veggies that are in-season. Whip up a couple of nutrient-filled dips to serve with them. Plus, add cheeses to the snack board for a calcium boost.

Dairy can offer a festive spark to any menu. Especially when it's served in the right combination with other foods to properly fuel your holiday activities! Staying hydrated in flavorful ways is important, especially during hot summer days. Whether you're having a quiet day at home or planning to celebrate the 4th with others, snack boards are a simple way to fuel all your activities. If you have kids, let them have some fun helping to prepare it.



### Creamy Fruit Dip

#### Ingredients:

- 8 oz. cream cheese, softened
- 1 tsp. vanilla or almond extract (optional)
- 1 container (4-6 oz.) vanilla Greek yogurt
- 2 Tbsps. brown sugar

#### Directions:

1. Whip softened cream cheese in a standing mixer using paddle attachment (if available), until light and fluffy.
2. Add yogurt and mix until combined. Then, add extract (optional) and brown sugar, beating well until combined completely.
3. If not serving immediately, transfer to a bowl, cover and refrigerate.



### Savory Herb Dip

#### Ingredients:

- 1 cup plain Greek yogurt
- 3 Tbsps. lemon juice
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. each fresh dill, parsley, chives and basil



#### Directions:

1. Add all ingredients into a food processor and pulse until smooth.
2. If not serving immediately, transfer to a bowl, cover and refrigerate.