



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

Dietitian's Dish

Sensationally seasonal!



Enjoying what's in season and having the ability to boost the nutrients fueling your body is important. Varying the selection of foods you eat and choosing a variety of colors is key to giving your body and mind the nutrients they need to thrive.

How will you enjoy a rainbow of colors with what's in season?

Cedar Planked Salmon with Jalapeño-Corn Salsa

Ingredients:

- 1 cedar grilling plank
- 2 ears of corn, silks and husks removed
- 2 jalapeño peppers
- 4 tps. extra virgin olive oil
- 3 Tbsps. finely chopped red onion
- 2 Tbsps. coarsely chopped fresh cilantro leaves
- 2 Tbsps. fresh lime juice
- 3/4 tsp. salt
- 1/4 tsp. ground chipotle powder
- 1-1/2 lbs. fresh salmon fillet
- 1 Tbsp. fresh lemon juice

Directions:

1. Immerse plank in warm water at least 30 minutes. Prepare outdoor grill for direct grilling over medium-high heat.
2. Coat corn and jalapeños with 2 teaspoons oil. Place corn and jalapeños on hot grill rack; cover and cook 5 minutes, turning frequently to brown all sides. When cool enough to handle, cut corn from cob. Cut jalapeños lengthwise in half; with knife, scrape out seeds and veins then finely chop.
3. In medium bowl, toss onion, cilantro, lime juice, 1/2 teaspoon salt, chipotle powder, corn and jalapeños. Makes about 2 cups.
4. Place salmon, skin side down, on plank and rub remaining 2 teaspoons oil over top; sprinkle with remaining 1/4 teaspoon salt. Place plank with salmon on hot grill rack; cover and cook 15 to 20 minutes or until salmon turns opaque throughout and internal temperature reaches 145°. Drizzle salmon with lemon juice and top with salsa to serve.



Watermelon Bites

Ingredients:

- 1/2 cup crumbled feta cheese
- 2 1/4 (8-ounce) package cream cheese, softened
- 2-1/2 tps. chopped fresh basil
- 12 (3 x 1-1/2 x 1/2-inch) pieces watermelon
- 4 strawberries, hulled and thinly sliced lengthwise
- 1/4 cup blueberries
- 2 Tbsps. balsamic glaze

Directions:

1. In food processor, pulse cheeses and 2 teaspoons basil until combined. Transfer cheese mixture to small zip-top plastic bag; snip bottom corner with kitchen scissors. Makes about 2/3 cup.
2. Top watermelon pieces with cheese mixture, strawberries and blueberries; drizzle with balsamic glaze and sprinkle with remaining 1/2 teaspoon basil. Makes 12 bites.

