



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

Dietitian's Dish

Don't Fall Short on Protecting Your Health!

Many of us are still not getting enough fruits and vegetables, which means missing out on beneficial, immune-boosting nutrients at a critical time of year. No one wants to be fighting illness during the holidays. There are many reasons we don't get enough:

COST - Remember that all forms of fruits and vegetables count.

Stock up on sale items to stretch your food budget. Bagged salad on sale, along with produce that's in season offers a variety of options.

TIME - Find low-prep options and make sheet pan cooking part of a new routine.

Winter squashes are less expensive at this time of year and they last for weeks. Stock up when on-sale and then plan different ways to include them in meals.

Roasted Butternut Squash Salad

Ingredients:

- 1 small butternut squash
- 1 Tbsp. olive oil
- 1 bag baby spinach or mixed greens
- 2 medium apples, in thin wedges
- 1/2 cup chopped pecans

Directions:

1. Preheat oven to 400°F.
2. Peel squash. Cut in half lengthwise and scoop out seeds. Slice into 1/2-inch thick slices, then cube.
3. Toss with olive oil, salt and pepper. Lay single layer on a parchment-lined baking sheet and bake 20-25 minutes, flipping halfway, until browned and tender.
4. Serve salad greens topped with roasted squash, apple slices and pecans. Drizzle with a vinaigrette dressing if desired.



Mini BBQ Turkey Meatloaf Sheet Pan Dinner

Ingredients:

- 1 lb. lean ground turkey breast
- 1 large egg beaten
- 4 oz. mushrooms, finely chopped
- 1/2 a small onion, finely chopped
- 1/2 cup seasoned panko breadcrumbs
- 1 lb. potatoes
- 12 oz. green beans
- 2 Tbsps. olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup BBQ sauce
- 1/4 cup shredded low-fat cheddar cheese

Directions:

1. Preheat oven to 425°F. Line baking sheet with parchment paper or foil coated with nonstick cooking spray.
2. Mix turkey, egg, mushrooms, onion and breadcrumbs in large bowl. Divide into fourths. Place on prepared baking sheet and form into 4 mini loaves.
3. Toss potatoes, green beans, oil, salt and pepper together. Spread on baking sheet.
4. Bake 20-30 minutes, or until meatloaves reach an internal temperature of 165°F. Top meatloaves with 1 Tbsp. each BBQ sauce and cheese. Return to oven and bake additional 2 minutes, or until cheese melts. *Recipe and photo courtesy of our friends at HealthyFamilyProject.com.*

