



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

Dietitian's Dish

Less Waste Means Less Money!



During times of inflation, it's important to stretch every dollar.

Finding new ways to use up things that may have gone to waste is one strategy. With many foods, we've been trained to think about foods as having edible portions and other parts you throw away.

But, with sustainability of our planet's resources on the minds of many, people are getting creative about re-using the parts that we would normally trim off and throw away.

Regrow lettuce from 1-inch main stem placed in shallow water.

Twist off strawberry leaves and toss into a salad or smoothie with other greens.

Season and dehydrate mango skins for a crispy snack or salad topping.

BONUS - They're more nutritious than fried chips and croutons!

Save money & calories while adding more nutrients with these simple ideas.

Strawberry Mango Salad

Ingredients:

- 2 (5 oz.) pkgs. baby arugula
- 2 ripe mangos, peeled, pitted and cubed (reserve peels)
- 10 strawberries, leaves removed and sliced (reserve leaves)
- 1/3 cup roasted, no-shell pistachios
- 3 Tbsps. extra virgin olive oil
- 3 Tbsps. white balsamic vinegar
- 1/4 tsp. salt



Directions:

1. **PREPARE VINAIGRETTE:** Combine 1/2 cup of mango cubes, extra virgin olive oil, white balsamic vinegar and salt in a blender container or small food processor; blend until smooth.
2. **PREPARE SALAD:** Place arugula, mango, strawberry slices, and pistachios in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat.

Mango Skin Chips

Ingredients:

- 1 cup peeled mango skins
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 pinch salt

Directions:

1. Put skins in a bowl or bag. Add spices. Toss and coat the skins, then place on a baking sheet lined with parchment.
2. Dehydrate at 135°F in the oven until crispy.



Recipe (adapted) and image courtesy of Mango.org.