



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

# Dietitian's Dish



Simplify  
Your 4th  
of July!

Whether you're planning a party or a low-key long weekend, make it easy for everyone to find something they'll enjoy. Serve up a mix of Red, White, and Blue foods and add some stars. You can create a snack board or a flavorful salad. These recipes require little prep and are ready to enjoy in no time!

## Blueberry Yogurt Dip

### Ingredients:

- 1 cup low-fat vanilla Greek Yogurt
- 1 cup fresh or frozen blueberries
- 2 Tbsps. honey

### Directions:

In a blender, puree yogurt, blueberries and honey until smooth. Spoon into a serving dish. Add to a Red, White and Blue themed snack board.



## Blueberry Watermelon Salad with Marinated Feta

### Ingredients:

- 1/3 cup cubed feta cheese
- 1/3 cup thinly sliced red onion
- 2 Tbsps. olive oil
- 1 tsp. lemon zest
- 2 Tbsps. lemon juice
- Pinch of hot pepper flakes
- 2 cups cubed seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- 1/4 cup loosely packed, thinly sliced fresh basil

### Directions:

1. Toss together feta, red onion, oil, lemon zest & juice, and hot pepper flakes. Let stand for 10 minutes.
2. Toss together watermelon, blueberries, cucumber, and basil; then transfer to small serving platter. Top with feta mixture.



Recipes and images courtesy of [Blueberry.org](http://Blueberry.org)