



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

# Dietitian's Dish

## Quick Dinners to Beat the Summer Heat



Grilling is a great way to beat the heat from cooking indoors.

If you don't have the time or equipment to grill there are plenty of options for quick cooking meals. Using more pantry staples which don't need to be cooked is a great option to cut down on time.

Even if you end up cooking, use the stovetop and cut any meats into smaller pieces so they cook quicker.

Whether you prep ahead by chopping vegetables and salad greens, or buy convenience items already prepped and packaged, you'll save time on busy nights if you have some of the prep work completed in advance.

## Thai Pork Salad

### Ingredients:

- 1 cup uncooked instant brown rice
- 1 Tbsp. coconut oil
- 1 pork tenderloin, cut into 1/2-inch strips (about 1-1/4 pounds)
- 1/2 cup pad Thai sauce
- 1 bag (10.5 ounces) Asian chopped salad kit

### Directions:

1. Prepare rice as label directs.
2. In large skillet, heat oil over medium-high heat; add pork and cook 7 minutes, stirring frequently. Add sauce; cook 2 minutes or until internal temperature of pork reaches 145°, stirring frequently.
3. In large bowl, prepare salad kit as label directs; add rice and toss. Serve pork over salad. Makes about 7 cups.



**Smart Swap** – Replace the pad Thai sauce with salsa and the Asian salad kit with a Southwest salad kit to create a fiesta of flavors. Double the recipe ingredients for a larger group but keep the amount of pork the same while adding canned corn and black beans (rinsed and drained). They'll give you more servings and nutritional bang for your buck!