



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

Dietitian's Dish

Get Grilling & Chilling this Summer!

Staying hydrated and cool is essential in the summer heat. Eating more fruits and veggies will help, along with drinking enough water.

Make them the focal point of meals and snacks. Choose foods with potassium (like cantaloupe) to avoid heat-related muscle cramps.

Outdoor grilling will keep your A/C from working overtime while you cook.

Kabobs cook quickly. Add pieces of fruit and vegetables to skewers with chunks of meat, seafood, tofu or other meat alternatives.

Use portabella mushroom caps to create a burger or pizza. These options take less time to cook than a whole piece of meat, lowering your time in the heat!

Don't forget to cool down with frozen fruits.

Freeze some pieces of fruit and blend them up for a variety of cool treats.



- Blend frozen chunks of fruit into a sorbet.
- Blend frozen cantaloupe with 100% OJ for a slushie beverage.
- Blend frozen berries and banana with yogurt and 100% juice for a smoothie bowl.

Grilled Garlicky Kale Portobello Pizzas

Ingredients:

- 2 cups packed kale, stemmed & chopped
- 4 garlic cloves, minced
- 8 portobello mushroom caps
- 1/4 tsp. each of salt & pepper
- 1 cup marinara sauce
- 3/4 cup shredded, mozzarella cheese



Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add kale; cook 2 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring constantly.
2. Spray both sides of mushroom caps with nonstick cooking spray; sprinkle with salt and pepper. Place mushroom caps, gill side down, on hot grill rack; cover and cook 5 minutes.
3. Turn mushrooms over; evenly top with sauce. Sprinkle mozzarella cheese over sauce; top with kale mixture. Cover and cook 5 minutes or until cheese melts.