



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

Dietitian's Dish

Frozen and Fresh - The Perfect Combination!

Both frozen and fresh foods have a valuable place in our life.

There are many nutritious and delicious options in the frozen aisle, and they can complement fresh foods nicely. Frozen veggies are budget-friendly solutions that can elevate the nutritional value of any meal.

They can also stretch a meal further when you add more veggies.

Pump up the nutrients in this recipe by adding extras like frozen carrots, peas or cauliflower.

Plan this comforting dinner featuring frozen and fresh ingredients, with a fruit salad on the side.

It's better for you than eating out and ready in no time!

Check out InSeason for more recipe ideas and a fruit salad to finish off this meal.

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Chicken Sausage Alfredo

Ingredients:

- 1/2 (16-ounce) package linguine
- 2 cups frozen broccoli florets
- 2 Tbsps. olive oil
- 1/2 (10-ounce) package fully cooked chicken sausage links
- 1-1/4 cups prepared light Alfredo sauce
- 1/4 cup grated Parmesan cheese (optional)
- Fresh basil for garnish (optional)



Directions:

1. Prepare linguine as label directs; during last 3 minutes of cooking, stir in broccoli. Drain; return to saucepot and cover.
2. Slice sausage links crosswise into 1/4-inch-thick pieces.
3. In large skillet, heat oil over medium-high heat. Add sausage and cook 4 minutes or until browned, stirring frequently; reduce heat to medium-low. Add alfredo sauce; cook 3 minutes or until heated through, stirring occasionally. Add linguine mixture and toss. Makes 5 cups.
4. Serve linguine mixture sprinkled with cheese and basil, if desired.