



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

Dietitian's Dish

Grill Up Great Eats!

The weather is finally getting nicer, so pick your protein and get grilling!

In general, red meats have more saturated fat than skinless chicken, fish and plant proteins.

Saturated fats can raise your blood cholesterol and increase your risk of heart disease.

If you eat poultry, pork, beef, or other meats, choose lean meat, skinless poultry, and unprocessed forms. Also choose healthy portions that aren't too large.

If you purchased more than you'll use at one meal, separate and freeze any uncooked portions.

You could also cook the extra and use it in a second recipe for the week.

Cooking larger portions saves you some time when cooking another night.

5-Ingredient Grilled Rosemary-Garlic Drumsticks

Ingredients:

- 8 garlic cloves, minced
- 1/4 cup plus 2 Tbsps. finely chopped fresh rosemary
- 1/4 cup plus 2 Tbsps. olive oil
- 2 Tbsps. lemon zest
- 2 Tbsps. fresh lemon juice
- 1 tsp. kosher salt
- 1/2 tsp. pepper
- 16 pieces bone-in, skin-on chicken drumsticks



Directions:

- Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk garlic, rosemary, oil, lemon zest and lemon juice, salt, and pepper. Pat chicken dry with paper towel; rub with garlic mixture.
- Place chicken on hot grill rack; cover and cook 20 minutes or until internal temperature reaches 165°, turning frequently.
- Serve 8 pieces chicken while hot. Cool, cover and refrigerate remaining 8 pieces chicken up to 3 days. Use leftover chicken in the Chicken, Watermelon & Feta Farro Bowl with Creamy Dill Dressing recipe.

Chicken, Watermelon and Feta Farro Bowl

Ingredients:

- 1 cup dry farro
- 8 pieces leftover 5-Ingredient Grilled Rosemary-Garlic Drumsticks
- 1 container (5.3 ounces) plain Greek yogurt
- 2 Tbsps. chopped fresh dill
- 2 Tbsps. fresh lime juice
- 2 Tbsps. whole milk
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 3 cups chopped watermelon
- 4 small radishes, quartered
- 1 small avocado, peeled, pitted and sliced
- 1/4 cup crumbled feta cheese



Directions:

1. Prepare farro as label directs; cool 10 minutes. Makes about 2 cups.
2. Remove chicken skin and meat from bones, discarding the skin and bones. Shred chicken meat. Makes about 2-2/3 cups chicken.
3. In small bowl, whisk yogurt, dill, lime juice, milk, salt and pepper. Makes about 2/3 cup.
4. In large bowl, toss watermelon, farro and chicken. Makes about 8 cups.
5. Divide watermelon mixture into 4 bowls and drizzle with yogurt mixture then top with radishes, avocado and cheese.