



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

# Dietitian's Dish

## Elevate Your Summer Snacking!



Summer is the perfect time to start incorporating healthier snacks into your routine. With a variety of fresh fruits and veggies in season, it's easy to transform peak ingredients into delicious bites. Whether you're lounging by the pool or on the go, we've got you covered with tasty snack ideas that will keep you energized and satisfied all summer long. Skip the packaged salty snacks that leave you parched and try some of these fresh, savory snack options that will fuel all your summer fun!

### Zucchini - Veggie Rolls

#### Ingredients:

- 1 green onion, thinly sliced
- 1/2 medium red bell pepper, finely chopped
- 1/2 cup garlic & herbs soft spreadable cheese
- 1/4 cup shredded carrots
- 1 medium zucchini, ends trimmed



#### Directions:

1. In a medium bowl, stir onion, pepper, cheese, and carrots. Makes about 1 cup.
2. With vegetable peeler, cut zucchini lengthwise into 16 thin ribbons. Place 1 Tbsp. cheese mixture on one end of each zucchini ribbon; roll up. Makes 16 rolls.

### Cucumber-Hummus Cups

#### Ingredients:

- 1 English cucumber
- 1/2 cup garlic hummus
- 1/4 cup finely chopped carrots
- 3 cherry tomatoes, quartered
- 2 Tbsps. finely crushed pita chips



#### Directions:

1. Prepare cucumber by trimming off the ends and cutting crosswise into 12 slices (3/4-inch thick). With 1/2 tsp. measuring spoon, starting on one cut side of each cucumber slice, carefully scoop out and discard center, making sure bottom and sides of slices are intact.
2. In a small bowl, stir hummus and carrots. Transfer hummus mixture to small zip-top plastic bag; snip off bottom corner. Makes about 3/4 cup.
3. Fill cucumber cups with hummus mixture; top with tomatoes and sprinkle with chips. Makes 12 cups.