



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

# Dietitian's Dish

## Fresh Flavors for Summer

It's National Blueberry Month, and blueberries are just one of the many produce items with numerous health-protecting nutrients. Dating back over 13,000 years, Native Americans used blueberries for medicinal purposes and flavoring. Today, their heart health benefits and menu versatility make them worth choosing any day of the year.

Whether you create a delicious salad combination or cook/bake with blueberries, you can't go wrong! Stock up when they're on sale and freeze the extra. Frozen blueberries are a refreshing summer snack and are great in recipes. Check out [Blueberry.org](http://Blueberry.org) for more ideas.

### Blueberry & Provolone Stuffed Chicken

#### Ingredients:

- 1 cup frozen blueberries
- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 8 thin slices of provolone cheese
- 32 fresh basil leaves
- 3 Tbsp. lime juice
- 1 Tbsp. unsalted butter
- 1 Tbsp. vegetable oil



Recipe (adapted) and image courtesy of [Blueberries.org](http://Blueberries.org).

#### Directions:

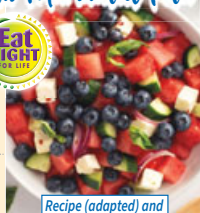
1. Place frozen blueberries in a colander over a bowl or sink. Let juices drain as they thaw.
2. Halve chicken breasts horizontally, keeping the long side of the chicken breast attached. Open halves like a book and pound breasts until 1/4" thick. Season all sides with salt and pepper.
3. Place each chicken breast on a work surface cut side up. Add about 1/4 cup blueberries on top of the chicken and then top with 2 slices of provolone and 8 basil leaves, maintaining a 1" border on the chicken.
4. Roll the chicken breasts up lengthwise and tie with kitchen twine. Repeat with remaining chicken breasts.
5. Preheat oven to 450°F.
6. Heat butter and oil in a large ovenproof skillet. Add the stuffed chicken and cook until brown on all sides, about 8-10 minutes.
7. Transfer to the oven and bake until internal temperature is 165°F, about 7-8 minutes. Transfer to plates and let rest about 10 minutes before serving.



### Blueberry & Watermelon Salad with Marinated Feta

#### Ingredients:

- 1/3 cup cubed feta cheese
- 1/3 cup thinly sliced red onion
- 2 Tbsp. olive oil
- 1 tsp. lemon zest
- 2 Tbsps. lemon juice
- Pinch of hot pepper flakes
- 2 cups cubed seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- 1/4 cup loosely packed, thinly sliced fresh basil



Recipe (adapted) and image courtesy of [Blueberries.org](http://Blueberries.org).

#### Directions:

1. Toss together feta, red onion, oil, lemon zest, lemon juice, and hot pepper flakes. Let stand for 10 minutes.
2. Toss together watermelon, blueberries, cucumber, and basil. Transfer to small serving platter. Top with the feta mixture.