



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

# Dietitian's Dish

## Convenience Elevates Flavors!

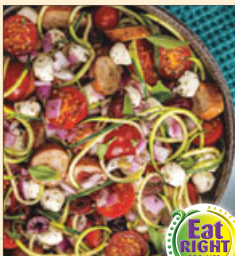
Ultra-processed foods are often considered bad, but there are some processed foods that make it easier to eat more nutritious foods. Frozen, canned, or prepared produce items are time savers that easily add nutritional value to a meal. For many people, needing more time to prepare fresh produce makes consuming them less likely.

The convenience of processed items saves time without skimping on flavor. Precooked chicken sausage and batch-cooked or rotisserie chicken make quick dinners a reality. Prepared zucchini noodles and refrigerated pastas are another way to cut prep time to create some delicious (and nutrient-packed) meals!

## Antipasto Sausage and Zoodle Salad

### Ingredients:

- 1 lb. zucchini noodles
- 1/2 lb. fully cooked Italian chicken sausage, sliced crosswise
- 1/2 (8 oz.) package fresh mozzarella pearls, drained
- 1 cup halved grape tomatoes
- 1/4 cup finely chopped red onion
- 1/4 cup pitted Kalamata olives, chopped
- 2 Tbsps. chopped fresh basil
- 2 Tbsps. olive oil
- 1 Tbsp. red wine vinegar
- 1 tsp. salt-free dried Italian seasoning
- 1/4 tsp. black pepper



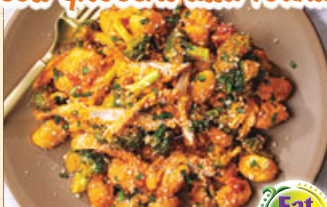
### Directions:

In a large bowl, toss all ingredients. Makes about 8 cups.

## Chicken & Broccoli Gnocchi alla Vodka

### Ingredients:

- 2 cups small broccoli florets
- 2 Tbsps. unsalted butter
- 1 bag (12 oz.) refrigerated gnocchi
- 1-1/2 cups shredded cooked chicken
- 1 cup vodka sauce
- 2 Tbsps. chopped fresh basil
- 2 Tbsps. grated Parmesan cheese



### Directions:

1. Heat a large saucepot of salted water to a boil over high heat. Add broccoli; cook 3 minutes or until bright green and tender. Drain.
2. In large skillet, melt butter over medium heat; add gnocchi. Increase heat to high; cook 5 minutes as label directs. Reduce heat to medium. Add chicken, sauce, basil, and broccoli; cook for 2 minutes or until heated through, stirring occasionally. Makes about 4 cups.
3. Serve gnocchi sprinkled with cheese.