



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

Dietitian's Dish

Enjoy a Rainbow!

Bell peppers and brussels sprouts are high in vitamin C, which helps the body absorb iron. Growth and development require adequate amounts of this mineral.

Iron is necessary for making proteins that transport oxygen from the lungs to the rest of the body. The hemoglobin protein in red blood cells carries oxygen throughout the body, while the myoglobin protein provides oxygen to muscles.

Iron is also essential for producing some types of hormones.

Did You Know?



Green bell peppers left on the plant can ripen to yellow, orange, and red, increasing their nutritional value and sweet flavor. In fact, red peppers have almost 11x more beta carotene and 2x more vitamin C than green ones.

Glow Up Bowl

Ingredients:

- 2 ribeye pork chops, 1-inch-thick
- 2 tsps. seasoning salt, to taste
- 2 tsps. black pepper
- 1 tsp. garlic powder
- 2/3 cup honey mustard
- 2 cups shaved Brussels sprouts
- 2 onions, quartered
- 2 bell peppers, quartered
- 2 zucchinis, thickly sliced
- 2 Tbsps. olive oil



Directions:

1. Season pork chops to taste with part of the seasoning salt, black pepper, and garlic powder.
2. Brush a grill marked cast iron pan with vegetable oil. Cook the pork chops on each side for 4-5 minutes until they reach an internal temperature of 145°F. Brush the chops with honey mustard on each side before flipping. Remove from the pan and set aside covered in foil.
3. Toss veggies in olive oil. Add veggies to grilled cast iron and cook over medium high heat for 3-4 minutes on each side. Cook until they have a nice char on them. You want them to be tender but with a slight crunch on the exterior.
4. Wash and thinly slice Brussels sprouts into strips using a large kitchen knife or the slice setting on your food processor.
5. Heat olive oil in a skillet on medium high heat. Add shaved Brussels sprouts, plus remaining salt, pepper, and garlic powder and stir to coat evenly.
6. Cook for 8-10 minutes or until tender and some of the sprouts are slightly charred or darkly caramelized around the edges. Remove from heat, cover, and set aside until you're ready to serve.
7. In a serving bowl, top shaved Brussels sprouts with grilled veggies and honey mustard pork chops.

Recipe (adapted) and image courtesy of the National Pork Board.