



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

# Dietitian's Dish

## Stock up on Staples!

Stretch your food budget by stocking up on fresh produce that is on sale. Choose items which have a longer shelf life and then plan meals around those items.

Staples like baby carrots and bell peppers can be more than snackable healthy veggies.

Added to meals they boost fiber and contribute valuable vitamins, minerals, and antioxidants. Sneak them in wherever you can... even dessert!

## Chicken Bahn Mi Bowl

### Ingredients:

- 1/2 cup chopped English cucumber
- 8-10 baby carrots, grated (approx. 1/2 cup)
- 1-1/2 Tbsps. granulated sugar
- 1/2 tsp. salt
- 2 pkgs. (8.8 ounces each) ready to serve brown rice & quinoa
- 1/3 cup creamy cilantro lime dressing
- 2 Tbsps. chili garlic sauce
- 1 jalapeño pepper, thinly sliced
- 2 cups sliced cooked chicken
- 1/4 cup thinly sliced radishes
- 2 green onions, thinly sliced
- 1/4 cup fresh cilantro sprigs



### Directions:

1. In small bowl, toss cucumber, carrots, sugar, and salt; let stand 15 minutes.
2. Prepare brown rice & quinoa as label directs.
3. In a small bowl, stir dressing and chili garlic sauce. Makes about 1/2 cup.
4. Divide brown rice & quinoa into 4 bowls. Top with jalapeño, chicken, radishes, cucumber mixture, dressing mixture, onions, and cilantro.



## Carrot Cake Oatmeal Cookies

### Ingredients:

- 3 cups old-fashioned rolled oats
- 1 cup all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup packed light brown sugar
- 1/2 cup unsalted butter (1 stick), softened
- 1/4 cup granulated sugar
- 2 large eggs
- 2 cups freshly grated carrots



### Directions:

1. Preheat oven to 350°F; line 3 rimmed baking pans with parchment paper. In medium bowl, stir oats, flour, baking soda, cinnamon, baking powder and salt.
2. In large bowl, mix on high speed, beat sugars and butter 2 minutes or until creamy, scraping down sides of bowl; beat in eggs. Reduce speed to low; gradually beat in flour mixture until just combined. Fold in carrots. Using 2 small spoons, drop dough by rounded tablespoons, 1 inch apart, onto prepared pans; press with back of spoon to flatten.
3. Bake 2 pans of cookies 15 minutes or until bottoms are golden brown, rotating pans halfway through cooking; transfer to wire rack to cool completely. Repeat with remaining cookies. Makes about 36 cookies.