



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

# Dietitian's Dish

## Simply Delicious with Veggies!

Giving your meals a boost of nutritious, flavorful veggies can be simple.

Don't just pile them up as a side dish; add them into your entree.

For breakfast, add diced veggies to your eggs. For dinner, mix them into a meatloaf or casserole. You can also puree veggies and sneak them into your meals.

But being honest is often best as picky eaters might feel tricked.

They also won't know what veggies brought was flavors to the dish to know what they liked. So, choose a few of your family's favorite meals and start introducing veggies in small amounts.

## Heart Healthy Broccoli Cheese Omelet

### Ingredients:

- 1/2 onion, chopped
- 1 cup chopped broccoli
- 6 egg whites
- 1 egg
- 1/4 cup low-fat milk
- 1/8 tsp. salt
- Black pepper to taste
- 1/4 cup shredded reduced-fat cheddar cheese



### Directions:

1. Preheat the broiler.
2. Lightly coat a medium ovenproof skillet with non-stick cooking spray and heat over medium heat. Add the onion and cook over medium heat for 3 minutes, or until softened. Add the broccoli and cook for 1-2 minutes, or until softened. Reduce heat to medium low.
3. In a medium bowl, whisk together the egg whites, egg, milk, salt, and black pepper. Pour the egg mixture into the skillet. Cook until the eggs are set, about 8 minutes. Sprinkle with the cheddar cheese.
4. Place the skillet under the broiler and cook until the surface is golden, about 1-2 minutes. Serve immediately.

Recipe (adapted) and image courtesy of [Healthcooks.com](http://Healthcooks.com).

## Heart Healthy Meatloaf

### Ingredients:

- 2 Tbsps. fat-free milk
- 1/4 cup ketchup, divided
- 1 Tbsp. Dijon mustard
- 2 egg whites
- 1/2 cup chopped onion
- 1/4 cup roasted red pepper, chopped
- 1/2 cup steamed broccoli florets, chopped
- 1 slice whole grain bread
- 1 lb. 93% lean ground beef
- 1 tsp. dried basil
- 1/3 cup chopped fresh parsley
- 1 tsp. black pepper



### Directions:

1. Preheat oven to 350°F and coat a 9 x 5 loaf pan with cooking spray.
2. Combine milk, 1 Tbsp. ketchup, mustard, and egg whites into a large mixing bowl. Add onion, red peppers, and broccoli and set aside.
3. In a food processor, pulse slice of whole grain bread until bread is completely breadcrumbs. Add ground beef to the mixing bowl and pour breadcrumbs over top of meat. Mix all ingredients together thoroughly with hands. Add basil, parsley, and pepper.
4. Place meat mixture into the loaf pan. Brush remaining ketchup over top of the meat loaf mixture. Bake at 350°F for 1 hour or until a thermometer registers 160°F. Let stand for 10 minutes. Cut loaf into 12 slices.

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