



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

Dietitian's Dish

Hooray for the Red, White & Blue!

Memorial Day, originally known as **Decoration Day**, is a remembrance of fallen American service members. Respect is shown by decorating with red, white and blue.

Plan a patriotic menu to show your support!

*The **RED & BLUE** colors contribute antioxidants which protect against cancer, memory loss, heart disease and stroke.*

Patriotic Salad

Ingredients:

- 5 ounces salad greens
- 3 cups cooked, cooled quinoa
- 1 1/2 cups blueberries or blackberries
- 1 1/2 cups raspberries or strawberries
- Feta cheese, sliced almonds and watermelon stars (optional toppings)
- Raspberry vinaigrette dressing (or a favorite flavor)



Directions:

- In a large salad bowl, arrange the greens. Top with quinoa, berries, and optional toppings. Toss lightly to mix for serving.
- Make this salad up to 5 hours in advance, cover with plastic wrap, and refrigerate.
- Serve dressing on the side.

Berry Creamy Popsicles

Ingredients:

- 1 cup fat-free milk
- 1 cup non-fat vanilla Greek yogurt
- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries, chopped



Directions:

- In a medium size bowl, whisk together milk and yogurt, then set it aside.
- In each popsicle mold, alternate yogurt between the blue and red berry layers.
- Insert sticks and freeze for a minimum of 6 hours.
- Run molds under warm water to release the popsicles.