



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

Dietitian's Dish

Keep working on making habits effortless!

Habit #1 – Start your meals with fruits or vegetables.

Are you planning to watch the Big Game?

Tailgate foods tend to be high in fat and calories, with less nutritional value. Whether you're viewing from home or at a party, keep working on the habit of including more vegetables. If you're a guest at someone's party, don't arrive empty-handed. Bring a veggie tray or some type of side dish or finger food that contains a fruit or vegetable. That way, you'll know there is something on the menu to help you maintain your new habit.

Meatballs are convenient to serve at a party or for dinner.

Their versatility makes it easy to add atop pasta, assemble into a sandwich or slider, or serve as an appetizer. Plus, the flavor options are endless: traditional Italian, Teriyaki, Hoisin, Sriracha, Mexican and BBQ are just a few that come to mind!

Blending chopped mushrooms with ground meat is an easy way to add a vegetable.

They increase the flavor and variety of nutrients, while reducing the fat and calories. Adding mushrooms also helps stretch your food budget and is gentler on the planet (requiring less space, electricity, and water to grow than raising animals).



Blended Meatballs

Recipe and image are courtesy of the Mushroom Council and Blenditarian.com.

Ingredients:

- 1/2 pound mushrooms, finely chopped
- 1 pound lean ground beef
- 1 tsp. Italian Seasoning
- 1 small onion, finely diced
- 1 clove minced garlic
- 1/2 cup whole grain bread crumbs
- 1 egg

Directions:

- 1.** Preheat oven to 400°F.
Line baking tray with foil and spray with cooking spray.
- 2.** Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
- 3.** In a skillet over medium heat cook chopped mushrooms until brown and most moisture has been released, about 3-5 minutes.
Set aside to let cool.
- 4.** In a large bowl combine cooled mushrooms, beef, seasoning, onion, garlic breadcrumbs and egg; mix all ingredients until incorporated. Shape mixture into 1½ inch meatballs. Place 1 inch apart on pan.
- 5.** Bake 20-25 minutes or until meatballs reach 160°F, are cooked through and center is no longer pink.

