



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

Dietitian's Dish

Serve Them Goodness for Back-to-School

Whether you're packing lunchboxes or just need a quick meal idea; natural and organic foods from Annie's, Larabar, and Cascadian Farms offer many options that you can feel good about feeding your family.



Start their day with a wholesome, organic Cascadian Farm cereal that is delicious and uncomplicated.

For a snack or lunch, serve up some calcium-rich yogurt, topped with Cascadian Farm organic granola and fruit.

Pack their lunch with delicious, organic foods with ingredients that matter - like fruit snacks or Mac & Cheese from Annie's.

Add a Larabar snack bar for a boost of fiber and protein. Each delicious flavor is made from between 2-9 ingredients like whole nuts and fruits that are gluten-free and non-GMO.

These bars are also dairy free, soy free, vegan, Kosher, and never use artificial flavors, preservatives or sweeteners.

Simply put, its food made from food.



Loaded Baked Potato Mac & Cheese

Ingredients:

- 3 slices of bacon (can substitute vegetarian bacon)
- 1 box Annie's Homegrown Shells and Real Aged Cheddar
- 2 Tbsps. butter
- 1/3 cup sour cream or plain Greek yogurt
- 2 Tbsps. chives, chopped
- 1/4 cup grated cheddar cheese (optional for extra cheesiness)



Directions:

1. Boil 6 cups water in a medium saucepan. While the water is heating, cook the bacon until crisp and remove from the pan and set aside to drain and cool.
2. Boil the pasta according to directions on the box. While the pasta is cooking, wash and chop chives and crumble cooked bacon.
3. Empty the pasta into a colander and set aside to drain.
4. Meanwhile, add the butter, sour cream or Greek yogurt and Real Aged Cheddar cheese packet to the warm saucepan and whisk until evenly combined.
5. Add the pasta back into the pan along with bacon, chives, and shredded cheese (if using) and stir well to evenly coat with sauce.