



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

Dietitian's Dish

Make Sure Nothing Goes to Waste!

Food insecurity is a bigger issue than we realize in this country.

That's why organizations like Produce for Kids are partnering with Feeding America Food Banks.

We can all do our part to help make sure our food resources are sustainable and food insecurity becomes a thing of the past.

In your own home, be sure that you're only buying what will be used, and finish up what is left so nothing goes to waste.

Plan a menu which uses items in multiple ways so anything leftover from the first meal will be used for the next one.

Take leftover dinner for lunch or make a layered salad with some of the leftovers as ingredients.

BBQ Chicken Chopped Salad

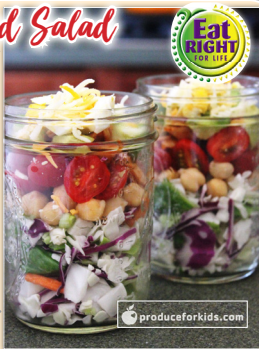
Ingredients:

- 2 cups shredded rotisserie chicken
- 2 Tbsps. BBQ sauce
- 1/2 cup ranch dressing
- 4 cups chopped salad
- 2 large hard-cooked eggs, diced
- 1 avocado, diced
- 1 bell pepper, diced
- 1 cup chickpeas, drained, rinsed
- 1/2 cup shredded low-fat Cheddar cheese
- 1/2 cup halved grape tomatoes

Directions:

1. Toss chicken with BBQ sauce.
2. Place 2 Tbsp. ranch in bottom of each Mason jar (4 in total). Layer with salad, chicken, eggs, avocado, peppers, chickpeas and cheese. Add lid and screw tight.
3. Refrigerate until ready to eat. Turn upside down and shake it up to coat the salad with dressing.

Recipe & image courtesy of ProduceForKids.com.



TIP: If you don't have a chopped salad mix, buy any bagged salad and chop it yourself. Grab a cutting board and chef's knife, place a pile of salad on the cutting board, and start chopping – keeping knife tip in place and moving handle up/down while rotating back and forth through the pile.

