



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

# Dietitian's Dish

Keep working on making habits effortless!

**Habit #4 – Simplify dinners to be on the table in 30 minutes.**

Frozen foods can offer a nutritious starting point to getting simple dinners on the table in 30 minutes or less. These days, fast food restaurants and delivery services take more time than that! Plus, restaurant foods are loaded with fat, calories, sodium and other artificial preservatives that can harm our health.



The frozen industry has made many changes over the years to improve the quality of foods available. Additives with negative effects on health have been reduced or eliminated. Instead, flash freezing locks in nutrients and reduces the need for preservatives. Frozen ingredients help cut down the prep time to get a meal on the table quickly. They're perfectly portioned to help eliminate food waste at home.



## Easy Veggie & Pierogy Sheet Pan Dinner

### Ingredients:

- 1 box of Mrs. T's® Mini Pierogies
- 3 cloves garlic, smashed
- 1 medium red onion, cut into 1 1/2-inch pieces
- 1 Honeycrisp apple, cored & cut into 1 1/2-inch pieces
- 1 medium bell pepper, cut into 1-inch pieces
- 8 oz. broccoli florets
- 2 Tbsps. olive oil
- 1 Tbsp. whole-grain Dijon mustard
- 1 tsp. white wine vinegar
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper



### Directions:

1. Arrange a rack in the middle of the oven and heat to 400°F. Line a rimmed baking sheet with parchment paper.
2. Place the mini pierogies, garlic, onion, apple, bell pepper, and broccoli on the baking sheet. Place the olive oil, mustard, vinegar, salt, and pepper together in a small bowl and whisk to combine. Pour over the pierogies and vegetables. Toss gently to combine, and then spread into an even layer.
3. Roast, stirring halfway through, until the pierogies are golden-brown and the vegetables are tender, 16 to 18 minutes total.

Image and Recipe (adapted) source: [www.mrstspierogies.com/recipe](http://www.mrstspierogies.com/recipe)