



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

Dietitian's Dish

Habit #5 - Take time each day to make connections and show appreciation.

Nine out of 10 Americans will develop hypertension during their lifetime. It can lead to a higher risk for strokes, a heart attack, diabetes, dementia, and other problems. Purchase limits can make it harder to eat for good health.

Connect with someone you know who has high blood pressure and share these tips!

Focus on shelf-stable items and frozen foods you can keep on hand longer.

Read label claims and nutrition facts. Look for less than 10% DV sodium per serving with beneficial nutrients like magnesium, potassium, calcium and fiber.

- Stock up on frozen foods without sauces
- Stock up on canned foods
 - Choose No Salt Added or Reduced Sodium whenever possible
 - Drain and rinse anything with sodium before using

Stock up on fresh produce also!

Asparagus has NO SODIUM, but does have fiber, potassium, and magnesium which help reduce blood pressure.

How do you store and avoid waste? You can blanch produce to halt ripening, and then freeze it.

BLANCHING = Place in boiling water for 2-3 minutes, then transfer to an ice bath to halt cooking.



Grilled Asparagus with Poached Egg & Lemon-Cream Sauce

Ingredients:

- 1 cup heavy cream
- 1 Tbsp. lemon juice
- 1 Tbsp. unsalted butter
- 1/2 tsp. chopped fresh tarragon leaves
- 1/2 tsp. plus 1/8 tsp. salt
- 1/4 tsp. plus 1/8 tsp. ground black pepper
- 1 bunch fresh asparagus (about 1 pound)
- 1 Tbsp. olive oil
- 1 Tbsp. distilled white vinegar
- 4 large eggs

Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat. In small saucepot, cook cream over medium-high heat 3 minutes or just until cream simmers. Reduce heat to medium; simmer 10-12 minutes or until cream is reduced to 1/2 cup, stirring occasionally during last 5 minutes of cooking. Remove saucepot from heat; whisk in lemon juice, butter, tarragon and 1/8 tsp. each salt and pepper. Cover to keep warm. Makes about 2/3 cup.
2. Meanwhile, in large bowl, toss asparagus with oil and 1/4 tsp. each salt and pepper. Place asparagus on hot grill rack; cover and cook 6 minutes or until asparagus is tender-crisp, turning occasionally.
3. Fill large sauté pan with enough water to come halfway up sides. Add vinegar and remaining 1/4 tsp. salt; heat to boiling over medium-high heat. Reduce heat so that water is barely simmering. Crack eggs, 1 at a time, into small cup. Slowly slide each egg into water while immersing cup slightly in water. Cook 4 minutes. Egg whites should be cooked through and yolks should be soft. With slotted spoon, transfer each egg to paper towel-lined plate. If desired, with paring knife, trim off any loose egg white.
4. Divide asparagus between each of 4 salad plates. Carefully place 1 egg over asparagus on each plate; pour about 2-1/2 Tbsps. of sauce over egg and asparagus.