



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

# Dietitian's Dish

## Spring Transitions Mean a Fusion of Frozen & Fresh



Although March is coming to an end, it's the beginning of the transition to all things **SPRING!** Frozen foods will still be essential to keep on hand for a quick, nutritious meal. So, before all the deals of Frozen Food Month end... **STOCK UP!**

But, don't forget to enjoy Spring produce. In season is when they're at their lowest prices and most flavorful. It's a great time to buy some extra to freeze! Just blanch them for a few minutes in boiling water, then switching them to an ice bath. This process stops them from over-ripening and going to waste.

Asparagus, a springtime favorite, offers a healthy addition to any menu. They're a good source of Vitamins A & C, high in folate, and low in calories – with no fat, sodium or cholesterol! It is also high in fiber and chromium, which benefits the heart and blood sugar management. Chromium enhances insulin's ability to move glucose from the blood into cells to make energy.

*Help your health by taking asparagus beyond side dish status - add it to salads, mix it with other roasted vegetables, or even top a pizza!*

## Grilled Veggie Pizza



### Ingredients:

- 6 medium Roma tomatoes
- 6 mini sweet peppers, cut into 1-in. strips
- 1-1/2 Tbsps. olive oil
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 6 asparagus spears
- Yellow cornmeal for sprinkling
- All-purpose flour for dusting
- 1 (8- to 10-ounce) frozen pizza dough ball, thawed
- 1 garlic clove, minced
- 8 oz. fresh mozzarella cheese, sliced
- Cherry tomatoes, cut in half (optional)

### Directions:

1. Preheat oven to 375°. In large bowl, toss tomatoes and peppers with 1 tablespoon oil, salt and pepper; transfer to rimmed baking pan. Roast 35 to 40 minutes or until the tomato and pepper skins are browned.
2. Meanwhile, heat small saucepot of salted water to boiling over high heat. Add asparagus; return water to boiling and cook 1 to 2 minutes or until tender-crisp. Transfer asparagus to bowl filled with ice water; cut asparagus into 2-inch pieces.
3. Prepare outdoor grill for indirect grilling over medium heat (about 400°). Sprinkle bottom of rimmed baking pan with cornmeal. Lightly flour work surface; place dough on prepared surface. With rolling pin, roll dough to 12-inch round; carefully transfer onto pan over cornmeal. With fork, poke dough several times to vent; slide dough onto center of hot grill rack. Cover and cook 8 to 10 minutes or until bottom of crust is browned, rotating once halfway through cooking; transfer crust back to baking pan.
4. In small bowl, stir garlic and remaining 1/2 tablespoon oil. Leaving 1-inch border, with back of spoon, spread garlic mixture over crust; squeeze tomatoes over pizza. Top with squeezed tomatoes, peppers and asparagus. Slide pizza onto hot grill rack. Cover and cook 3 minutes; top with cheese and cook 1 to 2 minutes longer or just until edges of pizza are golden brown and cheese melts, moving pizza crust if necessary to prevent crust from burning. Top with cherry tomatoes, if desired. Transfer to cutting board; cut into 8 slices to serve.

