



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

# Dietitian's Dish

If you're one of the growing number of families still struggling to keep your family fed and healthy at home during the pandemic, you're not alone. Over a year into the "new normal" families are still facing messy houses, lack of food, and unhealthy eating patterns, which are all adding to our mental distress. One study during the pandemic indicated at-home troubles stemmed from kids not getting enough of the right foods and acting like a different person. It makes sense that if we're not getting essential nutrients our bodies will react. Fruits and veggies are full of the nutrients, water, and fiber we need to feel our best, physically and emotionally. As the weather warms up, try some simple, cool treats to stay nourished and hydrated.

- **Frozen grapes or blueberries** –

Rinse, pat dry, and put on a tray in a single layer in the freezer.

- **Watermelon popsicles** – Cut into wedges, make a slit in the rind and insert a stick, then put in a container to freeze. **HOW TO VIDEO** available at: [www.watermelon.org/recipes/watermelon-slice-popsicles/](http://www.watermelon.org/recipes/watermelon-slice-popsicles/)

- **Strawberries & cream popsicles** – Rinse strawberries and blend whole fruit (stem is edible) with vanilla yogurt, pour into small cups, place on a shelf in freezer and insert stick or spoon when partially frozen.

- **Melon Slushies** – Cut watermelon, cantaloupe, and/or honeydew into cubes, then freeze for 4 hours. Blend frozen fruit to a desired consistency.

*If you're seeking some fantastic, fresh flavors for your Cinco de Mayo celebrations, look no further than this spicy fruit salad. It's simple enough to make for any eating occasion.*

## Tajin Fruit Salad

### Ingredients:

- 1 mini watermelon
- 1/2 cup pineapple, diced
- 1/2 cup mango, diced
- 1/2 cup papaya, diced
- 1/3 cup mint leaves, thinly sliced
- Lime juice, to taste
- Tajin (chili lime spice), to taste

### Directions:

1. Cut mini watermelon in half and hollow out each side. To make your mini watermelon bowl steady, slice 1/2" of rounded end of watermelon off so it sits flat on surface of table.
2. Cut watermelon into bite size pieces. Add all fruit to a bowl with the lime juice and mix.
3. Pour into half of hollowed out watermelon. Sprinkle Tajin on top of fruit (if desired).

*Recipe (adapted) and image courtesy of Watermelon.org*

