



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

Dietitian's Dish

Quick Meals with Convenience of Packaged Products...

You can throw together a quick, delicious meal with just a handful of ingredients.

Dare I say it? Grab a few pre-packaged products! They're not all bad.

Packaged, convenience foods don't just come in the center aisles.

Look around the store perimeter, especially in produce.

You can cut down your meal prep time significantly, if you choose some items that are already prepped and ready to serve.

Grab a couple bags of salad or clamshell of mixed greens as the base for a hearty, delicious bowl meal.

You don't have to skimp on the toppings or go heavy on the veggies because salads are not just a meal starter or side dish anymore.

Bowl meals with leafy greens for a base offer a nutritious, delicious entrée option that's ready in no time.

This Caprese Bowl offers a delicious taste of Italy!

A+ for Avocado!

- It is high in fiber and potassium – benefiting blood pressure
- Has over 20 important vitamins & minerals
- Contains omega-3 fats to help the body absorb fat-soluble vitamins

Caprese Bowl with Grilled Chicken and Avocado

Ingredients:

- 1 package bagged salad greens
- 1 avocado
- 1 lb. boneless, skinless chicken breast tenders
- Pinch of salt and pepper
- Non-stick cooking spray
- 1 cup grape tomatoes, halved
- 1 cup fresh mozzarella, balls or diced
- 3 Tbsps. prepared pesto
- 1 Tbsp. balsamic vinegar



Directions:

1. Prepare grill for direct grilling over medium-high heat. Sprinkle salt and pepper over chicken breasts and lightly coat with non-stick cooking spray. Place chicken on hot grill rack; cook covered for 5 minutes, turning halfway through.
2. Meanwhile, in a bowl, toss the tomato halves and fresh mozzarella with pesto and balsamic until coated.
3. Prepare salad by placing greens in a large serving bowl. Cut avocado in half, remove the pit, slice each half and scoop from the skin. Place atop the salad greens. Add the tomatoes and mozzarella onto the salad greens. Place the chicken atop the greens. **Serves 2.**