



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

Dietitian's Dish

Plant-entions for better wellness in 2022!

It's never too late to live healthier!

Setting up intentions to eat more plant-based foods, including fruits and vegetables, will help you with better wellness. Plant-based foods typically contain more fiber which helps to reduce blood pressure, regulate appetite, benefit gut health, and improve blood sugar management. Beyond benefits from the fiber, there are also many vitamins, minerals, antioxidants, and phytonutrients in these foods that improve immunity and protect against disease.

Finding delicious ways to include more fruits, vegetables, and other plant-based foods is one intention you won't regret. Get creative with how you increase your servings of fruits and veggies. Instead of traditional pizza, make personal-sized pizzas using portobello mushrooms in place of the crust. Top them with sauce, chopped veggies, low-fat cheese, or any other favorite pizza toppings!



Or, go meatless with portobello mushroom slices in place of beef or chicken in veggie-filled fajitas.

Sign up for a FREE virtual tour for other ideas to manage diabetes.

Portobello Mushroom Fajitas

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 8 ozs. Portobello mushrooms (or about 4 caps), 1/2-inch thick slices
- 1 cup red onion, slices
- 1/2 tsp chili powder
- 1 medium bell pepper
- 3 Tbsps. fresh cilantro, chopped
- 1 tsp. ground cumin
- 1 medium lime, cut into wedges
- 1/4 tsp. black pepper
- 4 whole wheat tortillas



Directions:

1. Heat oil in a large, non-stick skillet over medium heat. Add mushrooms; sauté 5 minutes until almost tender.
2. Add onion, bell pepper, cumin, chili powder, black pepper; squeeze 2-3 lime wedges over veggies.
3. Cook for 4 minutes or until bell pepper is crisp-tender, stirring frequently. Remove from heat; stir in cilantro.
4. Spoon 1/2 - 3/4 cup mixture down center of each tortilla; Roll each tortilla up.
5. Optional: Serve with salsa or fresh avocado on side.

Recipe credit: Texas A&M AgriLife Extension