



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

Dietitian's Dish

Continue your Plant-entions in 2022!

Think about creative ways you can add more plant-based foods into your meals. How many of you have set a resolution to eat healthier by adding another vegetable side or salad to your meal. Unfortunately, those traditional changes often lead to boredom and failed resolutions. Instead, consider where you can make flavorful additions or swaps within a recipe.

Rather than a pasta-based Pad Thai, try this one made with Zoodles. When you swap vegetables in place of pasta you're getting a boost of antioxidants and cutting back on some carbs. The nuts and eggs are also quality sources of protein.

You don't have to go completely meatless to enjoy plant-based eating packed with protein. Choosing fish or seafood at least twice a week offers many wellness benefits. Shrimp is quick to cook and versatile.



Plus, they have antioxidants and other important nutrients that help the body.

- **Iodine** - supports thyroid function
- **Phosphorus** - bone strength
- **Zinc** - immunity & metabolism
- **Magnesium** - blood pressure regulation & blood sugar control

Zoodle Pad Thai with Shrimp

Ingredients:

- 1 Tbsp. olive oil
- 2 large eggs
- 1 Lb. raw colossal shrimp (peeled and deveined)
- 1/2 medium red bell pepper, thinly sliced
- 3-1/2 Tbsps. teriyaki sauce
- 3-4 medium zucchini **OR** 2 (10 oz.) packages of prepared zucchini noodles
- 1 green onion, sliced
- 1/2 cup roasted unsalted peanuts, chopped
- 2 Tbsps. fresh cilantro leaves
- Limes, cut into wedges (optional)



Directions:

1. Prepare zoodles: Rinse and dry the zucchini. Using a spiralizer or box grater (run down the length of the zucchini) to create "noodles".
2. In large skillet, heat oil over medium-high heat. Add eggs; cook and stir 30 seconds. Add shrimp and pepper; cook and stir 3 minutes. Stir in sauce; cook and stir 1 minute. Stir in noodles; cook and stir 1 minute or until heated through and shrimp is opaque and pink.
3. Serve Pad Thai sprinkled with green onion, peanuts and cilantro. Garnish with lime wedges, if desired.