



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

Dietitian's Dish

Let Nothing go to Waste!

Planning a menu around items on sale and uses for any leftovers is a great strategy to save money and stay on track with healthier choices.

If you have a plan, you'll be less likely to get to the late afternoon and face the question of "What's for dinner tonight?"

That makes the costly option of take-out too real. To stay on track with intentions you set for 2022, try to create a weekly menu that makes use of leftovers in a new way. Don't just reheat or serve them the same way for a second meal. Upcycling leftovers in a new way keeps things more exciting and may help you stick with a weekly menu.

Add this vibrant, flavorful salad to this week's menu and then use any leftovers blended with a few other ingredients as a smoothie for breakfast the next day.

You'll feel full of energy with this nutritious start to the morning!

Kiwi, Clementine and Blackberry Salad

Ingredients:

- 1/2 cup unsalted pepitas
- 1/3 cup plain nonfat Greek yogurt
- 2 Tbsps. fresh lemon juice
- 2 Tbsps. raw honey
- 1 Tbsp. grapeseed oil
- 1 tsp. poppy seeds
- 3 clementines, peeled and separated
- 2 kiwis, peeled and thinly sliced crosswise
- 4-1/2 cups spring mix salad greens
- 1-1/2 cups halved blackberries



Directions:

1. In large skillet, toast pepitas over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. In large bowl, whisk yogurt, lemon juice, honey, oil and poppy seeds; fold in clementines, kiwis, spring mix and blackberries. Makes about 6 cups.
3. Transfer 2 cups salad and 2 tablespoons pepitas to zip-top plastic bag; freeze overnight or up to 1 month.
4. Serve remaining salad sprinkled with remaining 6 tablespoons pepitas.

Winter Kiwi, Clementine and Blackberry Smoothie

Ingredients:

- 1/2 avocado, peeled, pitted and chopped
- 2 cups frozen leftover Kiwi, Clementine & Blackberry Salad
- 1-1/2 cups unsweetened coconut water
- 1-1/2 Tbsps. honey

Directions:

Purée all ingredients in a blender on high until smooth. Makes about 3-1/2 cups.

