



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

Dietitian's Dish

Convenient Meals at Home!

Sometimes, the simplest of meals happen when we put a bigger focus on grains and veggies. Pantry staples can be wholesome and convenient. Fresh, frozen or canned vegetables offer valuable nutrients and can be time-savers.

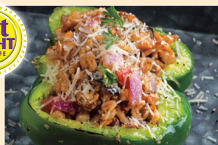
Simple and convenient meal ideas are stuffed peppers and hearty salads.

Peppers can be filled with a variety of textures and flavors. Salad kits can be topped with extra ingredients to make a complete meal. A great recipe or a little imagination can go a long way towards a meal that tastes better than take-out!

Greek Stuffed Peppers

Ingredients:

- 1 cup pearly farro, rinsed and drained
- **OR** 1/2 cup whole grain brown rice (optional swap)
- 2 large green bell peppers, halved lengthwise and seeded
- 1/2-pound lean ground turkey
- 2 Tbsps. olive oil
- 1/4 cup chopped red onion
- 1/2 cup chopped eggplant
- 1 can (14.5 ounces) Italian style diced tomatoes



- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/3 cup grated Parmesan cheese

Directions:

1. Preheat oven to 350°. Prepare farro (or brown rice) as label directs.
2. Place bell peppers, cut side up, on rimmed baking pan. In large skillet, cook turkey over medium-high heat 8 minutes or until browned, breaking up turkey with side of spoon; with slotted spoon, transfer to paper towel-lined plate.
3. In same skillet, heat oil over medium-high heat; add onion and cook 3 minutes, stirring occasionally. Add eggplant; cook 2 minutes, stirring occasionally. Add tomatoes with juice; cook 3 minutes, stirring occasionally. Stir in salt, pepper, farro and turkey.
4. Fill bell peppers with farro mixture; sprinkle with cheese. Bake 30 minutes or until peppers are tender.

Turkey Taco Salad

Ingredients:

- 4 (10-inch) burrito flour tortillas
- 1 pound ground turkey
- 3/4 cup enchilada sauce plus additional for serving (optional)
- 1 bag (11.5 ounces) Southwest chopped salad kit
- 1 avocado, peeled, pitted and chopped



Directions:

1. Preheat oven to 400°F; turn 4 (20-ounce) ramekins upside-down on rimmed baking pan. Spray both sides of tortillas with cooking spray; lay over ramekins, pressing sides of tortillas down around ramekins. Bake tortillas 12 minutes or until golden brown and crisp; let stand 5 minutes.
2. In large skillet, cook turkey over medium-high heat 5 minutes or until browned, breaking up turkey with side of spoon; stir in enchilada sauce and cook 2 minutes, stirring frequently. Makes about 2-1/2 cups.
3. In large bowl, prepare salad kit as label directs; serve in tortilla bowls topped with turkey, avocado and enchilada sauce, if desired.