



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

Dietitian's Dish

Simply Sweet Addition to Grilled Entrees!

As you grill up your favorite meat, poultry, seafood, or plant-based proteins, don't forget to add a few veggies for an easy side dish. But how can you include fruit in a fun, flavorful way? Fresh salsas are a simple solution! There are a wide variety of recipes using seasonal fruits in salsa. Grab what's on sale this week and experiment with flavors. If you're looking for some extra sweetness, grill the fruit first!

Grilled Chicken with Watermelon Salsa

Ingredients:

- 2 cups diced watermelon
- 1 cup cherry tomatoes quartered
- 1/4 of a small, sweet onion chopped
- 2 Tbsps. chopped basil
- 1 Tbsp. + 1 tsp. olive oil, divided
- 1 tsp. balsamic vinegar
- 1/8 tsp. salt
- 4 boneless skinless chicken cutlets



Directions:

1. Mix watermelon, tomatoes, onion, basil, 1 tsp. oil, balsamic vinegar and salt in large bowl. Cover and refrigerate.
2. Preheat grill to medium heat. Brush chicken with 1 Tbsp. oil and season with salt and pepper (to taste). Place on grill and cook 3 minutes per side, or until internal temperatures reach 165°F. Remove from the grill to plates and top with watermelon salsa.

Recipe (adapted) and image courtesy of HealthyFamilyProject.com.

Strawberry Mango Salsa

Ingredients:

- 1 mango, peeled, pitted and finely chopped
- 1 small jalapeño pepper, seeded and finely chopped
- 1/2 cup finely chopped strawberries
- 3 Tbsps. finely chopped red onion
- 2 Tbsps. chopped fresh cilantro
- 1 Tbsp. lime juice
- 1/4 tsp. salt
- 1/4 tsp. black pepper



Directions:

In large bowl, stir together the mango, jalapeño pepper, strawberries, onion, cilantro, lime juice, salt and black pepper. Makes about 2 cups.