



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

Dietitian's Dish

Sweet and Savory Sides

When you think of fruit, you automatically picture their sweetness featured in breakfast or dessert recipes. But fruits are also a great addition to savory sides too.

They offer a balance of flavors that take the dish to the next level.

They also add a greater variety of nutrients. Next time you're trying to check the boxes for a balanced meal, choose sides that feature fruits and vegetables.

Braised Cabbage and Apples with Bacon, Blue Cheese and Walnuts

Ingredients:

- 1 large head cabbage, quartered, cored, and thinly sliced
- 6 slices bacon, cut into 1/4-inch pieces
- 2 medium apples, cored and chopped
- 1 bay leaf
- 1-1/2 cups apple cider or apple juice
- 1 Tbsp. granulated sugar
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 3 Tbsps. red wine vinegar
- 1 container (5 ounces) crumbled blue cheese
- 1/4 cup chopped walnuts



Directions:

1. Preheat oven to 325°. Heat large covered saucepot of water to boiling over high heat. Add 1/2 of the cabbage; cook 3 minutes. With slotted spoon, immediately transfer cabbage to large bowl. Repeat process, returning water to boiling before adding remaining cabbage.
2. Heat medium roasting pan or Dutch oven over medium-high heat. Add bacon and cook 8 minutes or until crisp, stirring frequently. Transfer to paper towel-lined plate to drain. Discard all but 1 tablespoon bacon fat.
3. Add apples, bay leaf, cider, sugar, salt, pepper and cabbage to pan; cover tightly with lid or foil. Roast 55 minutes or until cabbage is tender, stirring every 15 minutes. Remove bay leaf; stir in vinegar.
4. With slotted spoon, transfer cabbage mixture to serving bowl. Sprinkle with cheese, walnuts and bacon to serve.

Pear & Gorgonzola Salad

Ingredients:

- 8 slices bacon
- 1/4 cup extra virgin olive oil
- 2 Tbsps. minced shallot
- 1-1/2 Tbsps. balsamic vinegar
- 1/2 tsp. Dijon mustard
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1 package (10 ounces) baby spinach
- 1 container (4 to 5 ounces) crumbled Gorgonzola cheese
- 2 medium Bosc pears, cored and thinly sliced



Directions:

1. In large skillet, cook bacon over medium heat 10 to 12 minutes or until crisp. Transfer to paper towels to drain. When bacon is cool enough to handle, crumble into 1-inch pieces.
2. Meanwhile, in medium bowl, whisk together oil, shallot, vinegar, mustard, salt and pepper until well blended.
3. In large salad bowl, toss spinach with dressing until combined. To serve, evenly divide spinach mixture over 8 salad plates; top with cheese, pears and bacon.