



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

Dietitian's Dish

Elevated Flavors of Grilling!

Grilling up a delicious meal is a Father's Day tradition.

Whether it's steak, pork, chicken, or seafood, focus on what you serve with the main entrée to enhance the flavor experience and boost the nutritional value of the meal.

Look past the side dishes and find ways to top your grilled masterpiece with a rainbow of colors.

You can't go wrong with a flavorful, fresh salsa or relish.

Enjoy some sweet and savory deliciousness with these topping options.

Grilled Steak with Mango Salsa

Ingredients:

- 1 beef Top Round Steak, 3/4 inch thick (about 1 pound)

MARINADE:

- 1/4 cup fresh lime juice
- 2 tablespoons minced green onion
- 2 tablespoons water
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced garlic
- 1/4 teaspoon salt

MANGO SALSA:

- 1-1/2 cups finely diced fresh mango
- 2 tablespoons minced green onion
- 1 tablespoon fresh lime juice
- 1 tablespoon minced fresh cilantro
- 1 red serrano or red jalapeño pepper, seeded, finely chopped



Directions:

1. Combine marinade ingredients. Place beef Top Round Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Just before grilling steak, combine salsa ingredients in medium bowl. Cover and refrigerate until ready to serve.
3. Remove steak from marinade, then discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, about 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook).
4. Carve steak into thin slices. Season with salt and pepper, as desired. Serve topped with salsa.

Recipe and image courtesy of Befitswhatsfordinner.com.

Corn Relish with Avocados

Ingredients:

- 2 ea. ears of corn, grilled & kernels cut from cob
- 1/2 avocado, pitted, peeled, & diced
- 1/2 tomato, diced
- 1 scallion, finely chopped
- 1 lime, juiced
- Salt to taste



Directions:

In a medium bowl, gently toss the corn, avocados, tomatoes, scallions, and lime juice until well combined. Season with salt.

Recipe and image courtesy of AvocadosfromMexico.com.