



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

Dietitian's Dish

Simply Sneaky Veggies!

Getting picky eaters to enjoy vegetables can be a challenge.

Sometimes, the best way to begin introducing more veggies is hidden in a meal they enjoy.

Mac & cheese or pasta sauce can easily incorporate pureed veggies.

Add some finely diced veggies as a pizza topping. Pureeing and finely chopping are simple strategies to add extra veggies. Once your picky eater has tasted the final product, be sure to tell him/her what they enjoyed so they don't feel tricked!

Make mini meatloaves with a few chopped veggies. Round out the meal with some fruit and a salad. If you're feeling adventurous, combine them into a sweet and savory salad!

Mini Turkey Meatloaves

Ingredients:

- 2 eggs
- 1-1/2 pounds ground turkey
- 2 garlic cloves, minced
- 1/2 cup chopped bell pepper
- 1/4 cup fat-free milk
- 3 Tbsps. chopped onion
- 3 Tbsps. old-fashioned rolled oats
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1/4 cup ketchup



Directions:

1. Preheat oven to 350°. Spray 4 (5-ounce) mini loaf pan wells with non-stick cooking spray.
2. In large bowl, whisk eggs; gently mix in turkey, garlic, bell pepper, milk, onion, oats, salt, and pepper until just combined. Divide turkey mixture into prepared wells.
3. Bake meatloaves for 15 minutes, then brush tops with ketchup. Bake 15 minutes more or until internal temperature reaches 165°.

Pear and 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 oz.) baby spinach
- 1 container (4-5 oz.) crumbled Gorgonzola cheese
- 2 medium pears, cored and thinly sliced



Directions:

1. In large skillet, cook bacon over medium heat for 10-12 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; then top with cheese, pears, and bacon.