



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

Dietitian's Dish

Maintain Your Resolution to Eat Healthier

Many resolutions succeed at first because of motivation. But you need to move past daily challenges that arise to stay motivated. Creating new habits takes time and requires attention.

- ✓ *Make time to plan meals for the week*
- ✓ *Focus on affordability - include sale items and store brands*
- ✓ *Find simple recipes with hands-off cooking steps - slow cooker, sheet pan or one-pot*
- ✓ *Add at least 1 more fruit or veggie serving at meals*

Include these slow cooker and one-pan recipes in this week's menu plan. Plus, check out EatRightforLife.com, InSeasonzine.com, and HealthyFamilyProject.com for more delicious recipe ideas.

Slow Cooker Steak Fajitas

Ingredients:

- 4 cloves garlic, minced
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 Tbsp. lime juice
- 2 Tbsps. fresh cilantro
- 1 lb. flank steak
- 1 sweet onion, sliced
- 3 bell peppers seeded, sliced
- 4 8-inch whole-wheat tortillas
- 1 cup shredded lettuce
- Pico de Gallo (if desired)
- Avocado, sliced (if desired)
- Plain Greek yogurt (if desired)

Directions:

1. Mix garlic, cumin, chili powder, lime juice, and cilantro in a small bowl. Rub it into the steak.
2. Add steak, onions, and peppers to slow cooker, and cook on low 5-6 hours.
3. Remove steak from slow cooker and slice.
4. Assemble tortillas with steak, peppers, onions, lettuce, Pico de Gallo, avocado and yogurt.

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



Plant-Based Sausage and Potato Skillet

Ingredients:

- 1 Tbsp. plus 2 tsp. olive oil, divided
- 4 small baking potatoes, chopped
- 1 medium sweet onion, chopped
- 1 Tbsp. Italian seasoning
- 4 plant-based Italian sausage links, sliced
- 1 large green bell pepper, chopped
- 1 Roma tomato, chopped
- 1-1/2 tsp. garlic powder
- 1/2 cup pasta sauce

Directions:

1. Heat 1 Tbsp. oil in large skillet over medium heat. Add potatoes, onions, and Italian seasoning. Cook for 10 minutes, or until potatoes are slightly tender.
2. Add sausage, peppers, tomatoes, garlic salt and 2 tsp. olive oil. Cook an additional 10-15 minutes, or until sausage is cooked through and vegetables are tender. Stir in pasta sauce and cook an additional 2 minutes, until sauce is heated. Top with fresh basil.

NOTE: Other types of sausage can be substituted, just be sure to follow cooking instructions on their package.

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