



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

Dietitian's Dish

Stock up and save!

Stocking up on meat when it's on sale is a great way to save money in the long run.

Buy extra or value pack sized and freeze in portioned quantities.

Or batch cook and prep it into the servings needed for a variety of recipes.

You can cook once and then portion for multiple weekly meals or freeze for future recipes. Convenience and savings of buying sale items and meal planning are truly valuable when every dollar counts!

This week, try batch cooking chicken and using it in multiple easy meals like this salad or pasta.

Grilled Chicken & Strawberry Salad

Ingredients:

- 2 lbs. boneless, skinless chicken breasts
- 1-1/4 cups poppy seed dressing
- 1 bag (10 ounces) chopped romaine lettuce
- 1 bag (8 ounces) baby spinach
- 1 package (16 ounces) fresh strawberries, quartered
- 2 small avocados, peeled, pitted, and chopped
- 1/2 small red onion, thinly sliced
- 1/2 cup sliced almonds



Directions:

1. Place chicken in large zip-top plastic bag; add 1/2 cup dressing. Seal bag, pressing out excess air; refrigerate at least 1 hour or up to 4 hours to marinate.
2. Meanwhile, prepare grill for direct grilling over medium heat. Remove chicken from marinade; discard marinade. Place chicken on hot grill rack; cook 10 to 12 minutes or until chicken loses its pink color throughout and reaches an internal temperature of 165°, turning once halfway through cooking. Remove chicken from grill; cover loosely with aluminum foil and let stand 10 minutes; slice.
3. In large serving bowl, toss lettuce and spinach; top with strawberries, avocados and onion. Sprinkle with almonds and drizzle with remaining 3/4 cup dressing. Serve with chicken.

Heart Healthy Creamy Bowtie Pasta

Ingredients:

- 6 oz multigrain bow-tie pasta
- 1 Tbsp. olive oil
- 1 small onion, diced
- 1 garlic clove, minced
- 1 red bell pepper, diced
- 1 lb. cooked boneless skinless chicken, cubed
- 4 oz. part-skim mozzarella cheese, shredded
- 1/2 cup chopped fresh parsley
- 1/4 cup grated Parmesan cheese, plus additional for garnish
- 3 Tbsps. part-skim ricotta cheese
- Black pepper to taste
- 1/2 cup frozen peas



Directions:

1. Make the pasta according to package instructions, cooking until al dente. Reserve about 1 cup pasta water; drain pasta and return to pot.
2. In a skillet, heat the oil over medium-high heat. Add the onion and sauté for about 2 minutes, or until it is softened. Add the garlic and bell pepper and sauté for 1 to 2 minutes.
3. Add the chicken, mozzarella, parsley, Parmesan, ricotta, and black pepper to taste. Toss to combine. Add the peas. Add the cooked pasta and about 3/4 cup of the reserved pasta water to create a sauce. Add an additional 1/4 cup of remaining pasta water, if needed. Sprinkle with additional Parmesan.

Recipe and image courtesy of Healthcooks.com.