



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

## Dietitian's Dish

### *Cook Once but Eat Twice (or more)!*

Cook items which can be added to multiple meals without being boring. Since grilling season is upon us, it's the perfect time to plan meals that you can cook extra servings of meats to cut down on the meal prep another day.

You can also grill some fruits and veggies – it enhances their sweetness!

Grilled produce provides a tasty twist for salads, side dishes, and atop entrées.

Fruit can be a wonderful and surprising addition to savory dishes!

Mash summer berries and add the mixture to a grilled cheese sandwich.

Add berries, watermelon, or stone fruits to a pasta salad or salsa.

You're only limited by your imagination. Head to [inseasonzine.com](http://inseasonzine.com) for a wealth of recipe ideas, including these seasonal favorites.

### *Grilled Fruit Salad with Balsamic Drizzle*

#### Ingredients:

- 8 large strawberries, hulled
- 1 cantaloupe (~3 lbs.), cut into 1-in. thick half-moons (seeds & rind removed)
- 1 seedless watermelon (~3 lbs.), cut into 1-in. thick half-moons (seeds & rind removed)
- Non-stick cooking spray
- 1 cup crumbled feta cheese
- 2 Tbsps. balsamic glaze
- 2 Tbsps. chopped fresh basil



#### Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray strawberries, cantaloupe, and watermelon with cooking spray. Place fruit on hot grill rack; cook strawberries 3 minutes, and cantaloupe and watermelon 6 minutes or until grill marks appear, turning once. Transfer fruit to cutting board and cool; cut 4 strawberries, cantaloupe, and watermelon into 1-inch pieces.
2. In a large bowl, toss the cut fruit and cheese. Makes about 11 cups.
3. Serve 8 cups fruit salad drizzled with balsamic glaze and sprinkled with basil; cover and refrigerate the remaining fruit salad and 4 whole strawberries for up to 1 day

### *Grilled Fruit-Salsa-Topped Chicken*

#### Ingredients:

- 3 cups leftover Grilled Fruit Salad
- 4 leftover grilled whole strawberries, coarsely chopped
- 2 Tbsps. chopped fresh basil
- 2-2/3 cups sliced skinless rotisserie chicken meat
- 2 Tbsps. balsamic glaze



#### Directions:

1. Drain grilled fruit mixture and discard liquid. In food processor, in 2 batches, pulse fruit mixture and strawberries until coarsely chopped. Makes about 2 cups.
2. In medium bowl, stir basil and fruit salsa; serve over chicken drizzled with balsamic glaze.