



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

# Dietitian's Dish

## Simply Perfect for Summer!

School's out for summer so nutritious, simple meals and snacks are necessary.

Keeping kids busy, so they avoid boredom eating and unhealthy snacking, is a real challenge. With some planning, these summer pitfalls can be avoided.

Plan for meals and snacks with a few more fruits and veggies.

Try this spin on pizza and a refreshing, sweet treat!

It's not just about what they're eating but also what they're doing.

Give choices of tasks to accomplish to earn screen time. Include things like household chores, activities, reading, family games, outside time, etc. that can earn them time on their electronics. Balancing healthy eating with staying engaged and active off the screens is an important part of a healthy summer break.

### Air Fryer Veggie Pizza Quesadillas

#### Ingredients:

- 2 whole wheat protein wraps or tortillas
- 1/4 - 1/2 cup shredded Italian cheese
- 1/4 cup chopped sweet onion
- 1/4 cup chopped spinach
- 1 small tomato, sliced
- Italian seasoning
- Red pepper flakes (optional)
- Pizza sauce for dipping (optional)



#### Directions:

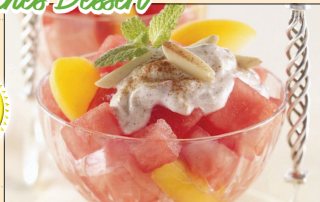
1. Lay each wrap/tortilla on a clean surface and layer with cheese, onions, spinach, tomato slices, and sprinkle with seasonings.
2. Add a little bit more cheese on top then fold in half. Repeat.
3. Place the quesadilla on the air fryer tray or basket and Air Fry at 375°F for about 5-6 minutes or until golden brown and cheese is melted. Flip halfway through if necessary.
4. Carefully remove from the air fryer onto a plate. Cut and serve hot with pizza sauce for dipping.

Recipe (edited) and image courtesy of HealthyFamilyProject.com.

### Watermelon and Peaches Dessert

#### Ingredients:

- 1 Tbsp. butter
- 1 cup slivered almonds
- 2 peaches
- Juice from 2 lemons
- 4 cups watermelon cubes
- 1/8 cup white sugar
- 1/2 tsp. ground cinnamon
- 2 cups low-fat vanilla yogurt



#### Directions:

1. In a saucepan over medium heat, melt the butter and then add the almonds to the pan. Stir the almonds until they are toasted and golden. Remove the almonds from the pan to aluminum foil or a heatproof plate to cool.
2. Thinly slice the peaches and toss them in a bowl with lemon juice.
3. Add the watermelon cubes to the bowl with the peaches and toss together.
4. Mix the sugar, cinnamon and yogurt in a small bowl and pour over the watermelon and peaches.
5. Sprinkle the almonds over the top. Serve immediately.

Recipe (edited) and image courtesy of Watermelon.org.