



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

Dietitian's Dish

Do Your Part for the Environment

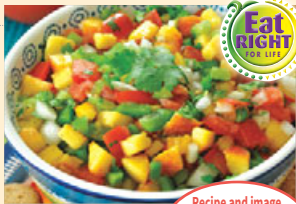
According to the World Wildlife Fund, an estimated one-third of all the food produced in the world goes to waste. That is equivalent to 1.3 billion tons of food, which could provide enough calories to feed every undernourished person on the planet! In the US alone, the production of lost or wasted food generates the equivalent of 32.6 million cars' worth of greenhouse gas emissions.

If everyone did their part to reduce food waste at home, it would surely help. Do your part. Create a meal plan using items that can pull double-duty throughout the week. Plus, choosing fruits and veggies that you can serve in a variety of ways will save you money and time. Salsas and relish can be flavorful toppings, snacks, a side dish, or a swap for calorie-laden spreads on a sandwich or burger.

Peach Salsa

Ingredients:

- 1 cup chopped peaches (fresh or canned & drained)
- 1 large tomato, chopped
- 1 bell pepper, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped cilantro
- 1 Tbsp. lime juice
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- Optional: cayenne pepper or diced jalapeño pepper



Directions:

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper. Stir gently to mix.
2. Cover and refrigerate until ready to serve. Freeze any extra lime juice for future use. Refrigerate leftovers within 2 hours.

Recipe and image
courtesy of
Foodhero.org.

Suggested uses: Serve with veggies, crackers, tortilla chips or pita crisps. Top tacos, rice, chicken, or fish.

Nectarine, Corn and Tomato Relish

Ingredients:

- 3 ripe, firm nectarines, chopped
- 1 cup quartered yellow cherry tomatoes
- 3/4 cup fresh corn kernels (from about 1 large ear) or frozen (thawed)
- 2 scallions, sliced
- 1 Tbsp. extra-virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. ground pepper



Nectarine, Corn, and Tomato Relish

Serves 6



Directions:

1. Combine nectarines, tomatoes, corn, scallions, oil, salt and pepper in a medium bowl.
2. Serve chilled.

Recipe and image
courtesy of
Snapedny.org.

Suggested uses: Serve with veggies, crackers, tortilla chips or pita crisps. Top tacos, rice, chicken, or fish.