



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

Dietitian's Dish

Keep Back to School on Budget!

Skip the prepackaged snacks and invest in a divided lunchbox (Bento style).

Shop the ad to decide what "better for you" items are on sale.

Pay attention to unit cost (cost per serving on shelf tags) when comparing brands and packages. Larger packages are often more cost-effective and can stretch further.

Have the kids help pack their lunch. Involving them in the decision making will help ensure they don't throw away what is packed.

Just set some ground rules that they must pack something from most food groups.

Healthy eating doesn't have to mean an entrée like a sandwich!

After shopping, clean and chop items so they're ready to eat. Taking extra time to prep will help prevent wasted food. Clementines easily peel and need no advanced prep.

They're a simple addition to lunch or as a snack. They're also delicious in recipes.

Grilled Sesame Clementine Chicken Skewers

Ingredients:

- 1 cup clementine juice (from 6-7 clementines)
- 1 Tbsp. low sodium soy sauce
- 2 tsps. ground ginger
- 1 Tbsp. brown sugar
- 1 tsp. clementine zest
- 1 tsp. cornstarch
- 1 tsp. water
- 1-1/2 lbs. chicken tenderloins
- 20 clementine slices (about 6 clementines)
- 3 carrots, peeled and cut into long ribbons
- sesame seeds
- 3 scallions, thinly sliced

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



Directions:

1. If using wooden skewers, soak them in water for 30 minutes before cooking.
2. Place clementine juice, soy sauce, sugar, ginger, and zest in a small saucepan and bring mixture to a boil over medium heat.
3. Place cornstarch and water in a small bowl to create cornstarch slurry mixture. Stir to fully combine and then add to saucepan. Stir the sauce until it thickens and remove from heat. Divide the sauce into 2 separate containers.
4. Cut each tenderloin piece into two pieces. Thread each skewer with a carrot ribbon, a clementine slice folded in half, and a piece of chicken. Repeat one time. Use half the sauce and brush each completed skewer.
5. Heat the grill or grill pan over high heat and brush with vegetable oil. Grill each side of the skewers for 3-5 minutes. Remove skewers from heat and use a clean brush to brush again with sauce.
6. Sprinkle clementine chicken skewers with sesame seeds and sliced scallions before serving.

Clementine and Strawberry Kabobs with Honey Greek Yogurt Dip

Ingredients:

- 3 clementines
- 6 large strawberries, halved
- 1/3 cup vanilla Greek yogurt
- 1 Tbsp. honey
- Pinch of ground ginger (optional)



Recipe and image courtesy of Cutiescitrus.com.

Directions:

1. Peel and segment 2 of the clementines. Juice the remaining clementine to make 2 Tbsp. juice; set aside.
2. Thread clementine segments and strawberries evenly onto 4 skewers.
3. Whisk together yogurt, reserved clementine juice, honey, and ginger (if using). Serve kabobs with yogurt dip.