



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

# Dietitian's Dish

## Fill Your Plate with Nutritional Superstars

Tis the season for resolutions!

Instead of focusing on what you'll eliminate, think about what powerful food swaps you can make.

If you're cutting down on something less healthy, replace it with more servings of fruits or veggies.

Their fiber will help your gut health and keep you full.

And, their vitamins, minerals, and antioxidants will offer support for your immunity (much needed at this time of year!), as well as all aspects of physical and mental wellness.

Plan a weekly menu to help stay on track.

Be sure to include protein amongst a plate full of nutritional superstars!

Try to include an extra fruit or vegetable in every meal.

Mix up a delicious fruit and veggie salsa for a side dish or snack.

Or create a simple but fulfilling parfait with diced fruit and cottage cheese or low-fat yogurt.

### Grilled Shrimp with Cantaloupe-Avocado Salsa

#### Ingredients:

- 1 lime (divided 1/2 for salsa, 1/2 for garnish)
- 1 avocado, cubed
- 2 cups diced cantaloupe
- 1/4 cup chopped red onions
- 1 cup no salt added canned black beans, drained and rinsed
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 2 Tbsps. chopped fresh cilantro



#### Shrimp:

- 1 lb. large uncooked shrimp, peeled and deveined
- 1 Tbsp. canola oil
- 1 clove diced garlic
- 4 bamboo skewers, soaked in water

#### Directions:

1. Preheat grill or grill pan on medium-high heat.
2. Slice lime in half. In a small bowl, squeeze juice from one half of lime; reserve the other half for garnish.
3. Add remaining salsa ingredients and gently mix.
4. Thread the shrimp onto soaked bamboo skewers.
5. In a small dish mix canola oil and garlic, then coat the shrimp.
6. Grill 2-3 minutes per side or until pink.
7. To serve, top the shrimp with salsa and garnish with lime wedges.



Recipe and image source:

**MyPlate.gov**

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