



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

## Dietitian's Dish

### Beat the Winter Blues... with Blueberries!

Vitamin D is known as the “sunshine vitamin” since it is produced by the body when exposed to sunlight. Certain regions of the brain contain vitamin D receptors which regulate mood. When sunlight is more limited in winter and production of Vitamin D drops, this can contribute to “blue” moods or Seasonal Affective Disorder. Vitamin C also increases oxytocin levels in the body which can help improve mood. Blueberries are a source of many mood-boosting nutrients. Consuming foods and beverages with Vitamins C & D, and other mood-enhancing micronutrients are a great way to combat the “winter blues”.

### Blueberry Balsamic Chicken Lettuce Wraps

#### Ingredients:

- 2 lettuce leaves, washed and dried
- 3-1/2 oz. cooked chicken breast, cubed
- 1/4 cup blueberries
- 1 oz. feta cheese, crumbled
- 1/2 oz. pecans, crushed
- 1/2 Tbsp. balsamic glaze
- 1/8 tsp. pepper
- 1/8 tsp. salt



Recipe and image courtesy of [Blueberry.org](http://Blueberry.org)



#### Directions:

1. Arrange lettuce leaves on a serving platter and top with the chicken and blueberries, dividing evenly between the lettuce leaves.
2. Top with feta cheese and pecans; drizzle with balsamic glaze, and salt and pepper to taste.

### Slow Cooker Blueberry Apple Butter

#### Ingredients:

- 7 cups sliced, peeled, cored apples (about 6 apples)
- 2 cups frozen blueberries
- 1 cup packed brown sugar
- 3 Tbps. lemon juice
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground allspice
- 1/4 tsp. ground cloves



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#### Directions:

1. In a slow cooker, combine apples, blueberries, brown sugar, lemon juice, vanilla, cinnamon, nutmeg, allspice, and cloves. Cook on Low for 7-8 hours or until thickened and apples are tender.
2. Let cool completely. Transfer to blender; purée until smooth.