



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

Dietitian's Dish

Mix and Match Meals

Recipes are like templates, where ingredients can be varied based on what you have to use up or to change flavor profiles. Choose a recipe where you can change up seasonings or sauces, or vary the types of protein, grains and vegetables.

With the same basic recipe, you can cook an Asian stir-fry or a Mexican rice bowl with ingredient variations. Check what items are on sale, use up leftovers or batch cooked item.

See how many different combinations you can make from these basic recipe templates.

Proteins:

Cooked meat or poultry, fish or seafood, beans or tofu

Vegetables:

Leftover, cooked or raw, frozen (thawed), or canned (drained)

Grains:

Brown rice, quinoa, pasta, buckwheat or oats

Toppings:

Nuts, seeds, raw or pickled vegetables, microgreens or fresh or dried fruit

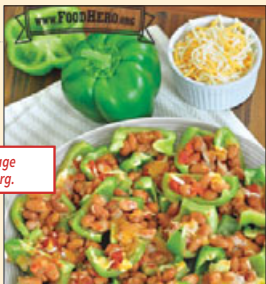
Bell Pepper Nachos

Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 tsps. seasoning mix
- 2 cups cooked protein
- 3/4 cup shredded or crumbled cheese



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



Directions:

1. Preheat oven to 350°F.
2. Rinse bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over the pepper pieces. Top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.

Mix and Match Grain Bowl

Ingredients:

- 2 cups cooked grains
- 2 cups chopped vegetables (raw or cooked)
- 12 oz. cooked protein, cut bite-sized (about 2 cups)
- 1/4 cup toppings
- 1/4 - 1/2 cup sauce or marinade



Directions:

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Spoon about 1/2 cup of the grain into each bowl.
3. Arrange 1/4 of the vegetables and protein on top of or around the grains in each bowl.
4. Drizzle 1 to 2 Tbsps. of the sauce over each bowl.
5. Sprinkle 1 Tbsp. of topping over the top.



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