



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

Dietitian's Dish

More Veggies, Please!

Planning meals that include some additional vegetables offers numerous health benefits. Consuming a diet rich in fruits and vegetables is associated with a lower risk of chronic diseases such as heart disease, stroke, type 2 diabetes, and certain types of cancer. That's due to the fiber, vitamins, minerals, and antioxidants in these valuable food groups.

Lowering sodium and fat with better-for-you ingredients can improve nutritional value of comfort food recipes. Serve this protein and veggie-filled casserole paired with a leafy green salad and fruit for a simple weeknight meal.

Heart-Healthy Chicken Casserole

Ingredients:

- 1 bell pepper, chopped
- 1 onion, chopped
- 2 celery stalks, chopped fine
- 4 cups cooked cubed chicken breast
- 1 can (10.75 oz) low fat, low sodium cream of mushroom soup
- 1 cup low-fat sour cream
- 1/4 cup water
- 1 cup corn flakes, crushed
- 1 Tbsp. paprika
- 2 Tbsps. chopped fresh parsley

Recipe and image courtesy of Healthcooks.com.



Directions:

1. Preheat oven to 350°F. In a large skillet lightly coated with nonstick cooking spray, sauté pepper, onion and celery until vegetables are softened. Place half the vegetables into a 2-quart casserole dish.
2. In a large bowl, mix the remaining half of the vegetables, chicken, soup, sour cream and water until combined. Add chicken mixture to vegetables in the casserole dish. In a small bowl, combine the crushed corn flakes, paprika and parsley and mix until well combined. Top the casserole filling with the cornflake mixture. Bake for 25 minutes.
3. Remove from oven and lightly spray corn flake topping with nonstick cooking spray. Return to oven and bake for an additional 5 minutes, until the topping is golden brown. Remove from the oven and allow it to rest for 5-10 minutes before serving.

Heart-Healthy Apple Gorgonzola Salad

Ingredients:

- 3 Tbsps. balsamic vinegar
- 1 Tbsp. spicy brown mustard (gluten free if needed)
- 2 Tbsps. olive oil
- 3 apples, cored and cut into 1/2-inch dice
- 5 cups torn Romaine lettuce
- 1/2 cup coarsely chopped walnuts
- 1/2 cup crumbled gorgonzola cheese
- Black pepper to taste



Directions:

1. In a small bowl, whisk together the vinegar and mustard. Slowly whisk in the olive oil until emulsified.
2. In a large bowl, combine the apples, Romaine, walnuts and Gorgonzola. Add the vinaigrette, season with black pepper and toss to coat evenly.

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