



# The Dietitian's DISH

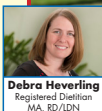
...for a  
Healthy  
Lifestyle

## Celebrate the Mediterranean Way this Memorial Day!

It may be Mediterranean Diet Month, but the fact is that eating this style of diet year-round has been shown to have heart health benefits.

More recent studies are also finding associations with less frailty and fewer signs of dementia in older adults who more closely follow a Mediterranean style diet. For women dealing with infertility, treatments may have greater success when following the Mediterranean way of eating.

As summer unfolds and fresh produce are plentiful, choose to fuel up with a blend of flavors. If you're searching for a refreshing side salad for your Memorial Day picnic, try one with some Mediterranean flair! One benefit to an oil-based dressing is the food safety factor – it holds up better in the heat than creamy dressings. No matter what type of foods you serve, be sure to chill leftovers within 2 hours (or less at temperatures over 90°F) to avoid the risk of foodborne illness.



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### Easy Greek Salad

#### Ingredients:

- 2 tomatoes, coarsely chopped
- 1 large cucumber, chopped
- 1 cup coarsely chopped bell peppers (any color)
- 1/2 cup thinly sliced red onions
- 1/2 cup Feta cheese (cubes or crumbles)
- 1/2 cup black olives
- 1/2 cup Greek vinaigrette dressing
- 1/2 tsp. lemon zest

#### Directions:

Combine all vegetable and cheese ingredients in a large bowl. Pour on the Greek dressing and sprinkle with lemon zest. Lightly toss to coat the vegetable and cheese mixture. Refrigerate until ready to serve.

