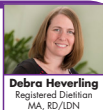




The Dietitian's DISH



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Grillin' & Chillin' with Dairy!

Instead of a traditional menu of burgers, hot dogs, and Brats for your July 4th cookout, try a grilled chicken sandwich that will set your taste buds on fire!

For a sweet treat, include grilled fruits. Pairing these recipes will offer a **MyPlate** balanced menu and keep the calories and fat in check!

You might not typically think of dairy having a major role in your July 4th festivities, but it can definitely add some fireworks to your grilled favorites! Whether you melt cheese on top of a burger or get more creative, there are plenty of ways to include the dairy aisle in your next grilling adventure!



Grilled Chicken on a Baguette

Ingredients:

- 1 cup part skim ricotta cheese
- 1 lb. boneless chicken breast
- 8 oz. artichoke hearts, drained
- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 1 tsp. red pepper, crushed
- Salt and pepper to taste
- 1 Baguette (French bread)
- 2 roasted peppers
- 1/2 cup baby spinach leaves
- 12 oz. fresh mozzarella, sliced

Directions:

- Cook chicken on grill until internal temperature reaches 160°F. Slice the cooked chicken into thinner cutlets.
- In a food processor, puree the artichokes. Add ricotta, mayonnaise, yogurt, crushed red pepper, plus salt and pepper to taste. Pulse until mixed.
- Cut baguette or French bread in half and grill lightly. Spread cut sides of the baguette with ricotta mixture and layer chicken cutlets, roasted peppers, spinach and fresh mozzarella.

Grilled Peach "Sundae"

Ingredients:

- 1 peach, halved and grilled (with pit removed)
- 3/4 cup part skim ricotta cheese
- 1/2 tsp. honey
- Pinch of nutmeg (or cinnamon)

Directions:

- Whisk ricotta with honey and nutmeg (or cinnamon).
- Serve grilled peach halves topped with sweetened ricotta mixture.

