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# The Recipe Corner

**Satisfying & Sustainable Nutrition**

## A Dietitian's Three Recommendations for a Nutritious Cookout This Season

- 1. Grill Dessert-** For added vitamins, minerals & fiber, [enjoy grilled peaches or pineapple](#) with fresh vanilla ice cream or whipped cream. You could even top an ice cream sundae with fresh berries and pecans. Additionally, you could try the Watermelon Agua Fresca on page 2.
- 2. Lean Protein Choices-** [These proteins](#) are lower in saturated fat and more heart healthy. BBQ chicken is a great choice, but grilled fish, turkey hot dogs, or chicken burgers are great options as well.
- 3. Roasted Veggie Sides-** While you've got the grill going, add some fresh vegetable kebabs or grill up some peppers & onions to add to a bratwurst.

### Chat with Maddie

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# Watermelon Agua Fresca

Adapted from [Watermelon Agua Fresca \(Agua de Sandia\)](#) - Isabel Eats

Servings: 8

## Ingredients:

- 6 cups diced, seedless watermelon
- 4-5 cups water, chilled
- ¼ cup sugar (may be substituted for honey or alternative sweetener)
- 1 lime, cut in wedges
- Fresh mint for garnish

## Directions:

1. In a blender, add watermelon, water, and half of the sugar
2. Add sugar to taste
3. Serve over ice or chilled and top with lime wedge and mint

## Nutrition Facts

Calories per serving: 85kcal

Total fat: 0g

Sodium: 8mg

Total carbs: 21g

Fiber: 2g

Total sugar: 16g

Protein: 2g

### A Note From the Dietitian:

“A refreshing drink for a hot afternoon. Add this to sparkling water for a mocktail or freeze and have watermelon ice cubes. For a lower calorie option, use a non-nutritive sweetener like Stevia.”

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