



Is “Girl Dinner” for you?

You might have heard of the latest trend that's been buzzing around TikTok and beyond - it's called "girl dinner." So, what exactly is this trend, and why is it worth giving a try?

"Girl dinner" is all about creating a low-effort dinner for yourself, full of an assortment of foods, from bits of leftovers to cheese and crackers to pickles. It's a quick and easy way to challenge the "rules" of more traditional meals. Some folks call it "snacks as a meal" or "grazing plate." While the idea isn't entirely new (think Spanish tapas or Middle Eastern mezze platters), it embraces the simplicity of a quick, one-person meal without the fuss of filling a formal dinner plate.

What's nice about "girl dinner" is its flexibility. Your choices can include a wide variety of protective nutrients and fiber. However, it's essential to be mindful not to fall into the trap of mostly processed or "junk" foods.

Next time you're not in the mood to cook (or do dishes), consider putting together a healthy version of a charcuterie with some of the following options:

- Dried apricots, figs, or dates
- Whole grain crackers
- Hummus or other bean dip
- Nut butter
- Whole grain tortilla chips
- Canned stuffed grape leaves
- Pickles
- Olives
- Crispbread or rye toasts
- 100% fruit spread

- Plain (no sugar) nuts
- Raw vegetable sticks like celery, carrots, bell peppers, cucumbers, and green beans
- Small portion of cheese
- Turkey breast
- Marinated packaged tofu
- Slice of whole grain bread
- Cherry tomatoes
- Grapes
- Apple or pear slices
- Plain or lightly seasoned popcorn
- Roasted chickpeas
- Small portion of dark chocolate
- Glass of wine or tea

Just be cautious to avoid these elements:

- Processed meats like salami
- Cold cuts
- Large portions of cheese
- Candy coated nuts
- Butter
- Pastries, cookies, cake, candy, ice cream, etc.
- Processed snack chips

Enjoy your "girl dinner" adventure, and remember, it's all about having a bit of fun while making smart food choices!

This week's recipe is a tried and true “girl dinner” fave!

No-Fuss Mediterranean Mezze Plate



Ingredients

- 1/2 cup hummus
- 1 small cucumber, sliced
- 1 cup cherry tomatoes
- 1/2 cup Kalamata olives
- 4-6 whole-grain pita bread triangles
- 1/4 cup feta cheese, crumbled (for dairy free diets, use 1/4 package of baked tofu or plant-based cheese)
- 1/4 cup raw nuts (almonds, pistachios, or walnuts)

Instructions:

Scoop hummus in the center of a platter or cutting board. Place each ingredient in small piles around the hummus.

Serve with a glass of iced herbal tea or glass of wine (optional).