

March 2022

Celebrate a World of Flavors!

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you.

Trying foods and recipes from various cultures is one way to include different flavors into our healthy eating routine. Many cuisines offer dishes that include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:

-A smoothie with low-fat yogurt of buttermilk and tropical fruits, like papaya or mango.

-Za'atar mixed with olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.

-Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soy milk with a topping of fruit and nuts or nut butter.

-Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat, or fish.

Nutrition Spotlight

Potassium is one of the most important minerals in the body, it helps regulate fluid balance, muscle contractions and nerve signals. Americans don't consume enough foods that provide Potassium.

Good sources of potassium are bananas, apricots, raisins, dates, orange juice, almonds, kidney beans, squash and potatoes.



Roasted Cauliflower Steak

(Makes 6 servings- Cook time: 40 minutes-Prep time 15 minutes)

Ingredients:

- 1 head cauliflower, medium
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika (optional)
- 1/4 cup grated parmesan cheese (optional)



Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a large baking sheet.
4. Slice cauliflower from top to bottom through the core into 1- to 1 1/2- inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down.
5. In a small bowl, mix the rest of the ingredients, except cheese.
6. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes.
7. Remove baking sheet from the oven, carefully turn the steaks and spread the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender.
8. Sprinkle with cheese, if desired, and serve.

FREE MEALS!

For ALL Enrolled Students
in school districts participating in the NSLP
Seamless Summer Option For the 2021-2022 School Year!
Check with Your School District for More Information



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What's In Season?

Broccoli, Chives, Chicories, Horseradish,
Morels, Mushrooms, Sprouts, Endive,
Radicchio