

Something to Chew On

Dining Trends

3 Dining trends that will Define 2017: What restaurant-goers across America should expect on their plates this year according to the Eater Website:

1. Pasta is here for us like never before... Editors at 7 out of 23 cities name a "Restaurant of the Year" that spotlights pasta.
2. The re-emergence of the proudly French restaurant ...Post WWII America fell in love with French restaurants as metaphors for sophistication...then came the American Food revolution, deeming French restaurants as stuffy and stodgy... Culture is cyclical though, French restaurants of all styles are once again becoming vogue across the country.
3. Black Walnuts are the new pistachio... punchier and harder in flavor than the English walnut. Black Walnut trees are native to North America, thriving from lower New England. The expense of commercially processing black walnuts has kept them largely in province of home baking, but forward-thinking chefs have adopted black walnuts as potent accents in savory dishes.



A scene at Los Angeles's French Restaurant *Petit Trois*
www.eater.com

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What's Cooking? Roasted Root Vegetables

Ingredients:

- 4 Root Vegetables (Choose from a variety of potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.), medium dice
- 2 Carrots, medium dice
- 1 Yellow Onion, medium dice
- ¼ cup Vegetable Oil
- 3 TB Parmesan Cheese

Directions:

1. Preheat oven to 350°F
2. Cut all root vegetables, carrots, and onion into medium dice.
3. Place in a medium bowl and pour oil over the top. Season with salt and pepper to taste, and add the parmesan cheese. Mix well.
4. Spread onto a baking sheet in an even layer.
5. Bake for 1 hour or until tender, make sure to check a couple different pieces to make sure they are all tender.
6. Serve while hot.



Nutrition Facts

Nutrients	Amount
Calories	260
Total Fat	15 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	150 mg
Total Carbohydrate	30 g
Dietary Fiber	6 g
Total Sugars	12 g
Added Sugars	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg



Food Safety Tips: Fresh Produce Safety

Congratulations to the following Managers for Receiving Special Awards:

A huge CONGRATS to The Colorado NHF Team that competed in the first ever CHCA Chef Challenge and came out the Champions! You ladies rock ~ Paula S, Sandy B, and Amy J!!



Congrats to Linzee B!



IA. – On August 26th FEG Retirement Community New Horizon Foods Chef Linzee B won the People's Choice Award at the 14th annual "Men Who Cook & A Few Good Women" fundraiser event to benefit the Pathways Adult Day Health Center. Executive Chef was selected as the People's Choice Award winner based on receiving the single largest amount donated for the crowd-favorite "salmon wellington with hollandaise, topped with asparagus," dish she prepared.

Employees of the Month

July: Andy S.
August: Dave B.
September: Ryan C.

RD of the Year

Paulette B.

Managers of Second Quarter

Julie M.
Paula S.
Susan G.

Buying Tips

- Purchase produce that is not bruised or damaged.
- When selecting fresh-cut produce, such as a half of a watermelon, make sure it is refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry, and seafood products.

Storage Tips

- Store perishable fresh fruits and vegetables in a clean refrigerator at a temperature of 40°F or below.
- Refrigerate all produce that is purchased pre-cut or peeled.

Preparation Tips

- Begin with clean hands.
- Cut away damaged or bruised areas.
- All produce should be thoroughly washed before eating, even if you are going to peel it.
- Washing with soap, detergent, or commercial produce washes is not recommended.

Immune Boosting Nutrition

Good nutrition is essential to a strong immune system, which offers protection from seasonal illness such as the flu and other health problems including arthritis, allergies, abnormal cell development and cancers. Help protect yourself against infection and boost your immunity by including these nutrients in your eating plan. **Protein** is part of the body's defense mechanism. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protects from infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this immune-boosting vitamin from foods such as sweet potatoes, carrots, kale, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or cereal.

Vitamin C protects you from infection by stimulating the formation of antibodies and boosting immunity. Include more of this healthy vitamin in your diet with citrus fruits such

as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals. **Vitamin E** works as an antioxidant, neutralizes free radicals and may improve immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter. **Zinc** helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Eatright.org

Fun Food Facts Trivia: Put Your Knowledge to the Test

1. Food can only be tasted if it is mixed with _____.
2. _____ is the only food that will not spoil.
3. In its ancient form, _____ was purple, not orange.
4. Ketchup was sold in the 1830's as _____.
5. McDonald's _____ contain up to 60% more fat than their burgers.
6. _____ is the food most consumed by pregnant women.

Answers from August Issue:

1. Pepperoni
2. Legume
3. Peach
4. Apple
5. Herb
6. 60,000 pounds

