

Something to Chew On

Dining Trends: 10 Top Foods Trends of 2018

According to www.thetravelchannel.com the 10 top food trends of 2018 are:

- Sustainable Seafood:** means avoiding overfished species, questionable harvesting practices and damage to marine habitats in favor of local and responsibly-farmed and caught fish and seafood.
- New Cuts of Meat:** Some restaurants are expanding their repertoire from the popular New York strip, Ribeye, and Filet Mignon for new cuts like Vegas Strip Steak, Merlot cut, and Bavette.
- Vegetable-Centric Dishes:** With more and more vegetarians, chefs are finding new and innovative ways to make vegetables the star of the dish. An example is a fall risotto bowl from **Hampton + Hudson** in Atlanta. This dish includes roasted brussel sprouts, sweet potatoes, fried kale, pumpkin seeds, and smoky parsnip risotto.
- House-made Condiments:** Some restaurants are finding it more economical, more rewarding and tasty to create their own house-made condiments. To enhance and bring out flavors in main dishes they make bbq sauce, pickled vegetables, and smoked hot sauces.
- Asian Treats and Sweets:** Asian-inspired main entrees have always been popular, but a new trend is focusing on snacks and sweets such as fried banana wontons drizzled with honey from a New York restaurant called **Thai By Night**.
- Street Food Inspiration:** In recent years international street food has grown in popularity. It is not just the typical hot dogs, soft pretzels and pizza anymore. At **Superica** in Atlanta, they serve a house-made horchata, a Mexican beverage made from rice or ground nuts and flavored with cinnamon and sugar.
- International Breakfast Fare:** For restaurant goers that are tired of the traditional American breakfast of bacon and eggs, you now explore new ways to start your day. A restaurant in New York City offers grilled fish, miso soup, and steamed rice, while a restaurant in Washington, D.C. offers a lovely Irish brunch with almond whisky buns, and corned beef sandwiches.
- No-Waste Cooking Movement:** Chefs are learning new ways to utilize all of their ingredients in ways that are winning rave reviews. **Clay Pigeon Food and Drink** in Texas offers smoked beef cheeks.
- Flowers for Flavor Accents:** you always knew that flowers are edible, but only in recent years have you seen them showing up more often in salads, drinks and vegetable dishes.
- Social-Media Worthy Dishes:** Diners love sharing photos of their culinary adventures and restaurants are responding by creating more aesthetic speciality dishes that help advertise their creativity.

Summer 2018
Volume 1, Issue 3

Inside this issue:

Dining Trends	1
What's Cooking	1
Food Safety Tips	2
Nutrition	2
Fun Food Facts Trivia	2

What's Cooking? Easy-Peasy Shrimp Ziti



Ingredients:

- 1 lb. Ziti
- 3 Garlic Cloves
- 3 TB Olive Oil
- 1 14.5 oz can Crushed Tomatoes
- 2/3 c half & half
- 1 lb. Peeled Deveined Shrimp
- 1 c Frozen Peas
- ¼ tsp Salt
- ½ tsp Black Pepper

Directions:

1. Bring a pot of water to a boil and cook ziti as label directs.
2. Chop garlic cloves. Add to deep 12-inch skillet, with olive oil, and cook on medium heat for 3 minutes, stirring.
3. Add crushed tomatoes, and half-and-half to skillet. Heat to a simmering, and then simmer for 2 minutes, stirring.
4. Add shrimp, frozen peas, salt, and black pepper to skillet. Cook until shrimp are cooked, about 5 minutes.
5. Serve pasta with sauce. Garnish with parmesan cheese, if desired.

Nutrition Facts

Nutrients	Amount
Calories	465
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	675 mg
Total Carbohydrate	67 g
Dietary Fiber	5 g
Total Sugars	g
Added Sugars	g
Protein	24 g
Vitamin D	mcg
Calcium	mg
Iron	mg
Potassium	mg

Food Safety: 8 Tips to Avoid Summer Food Poisoning



Congratulations to the following Managers for a Deficiency Free MDH Sanitation Inspection:

Janice O. - MN
 Brad L. - OH
 Michael J. - MN
 Deb L. - MN
 Francois L. - MN
 Julie M. - MN
 Blake B. - CO
 Shanon S. - CO

Employees of the Month:

March - Lena K. - MN
 April - Elizabeth S. - MN
 May - Kevin K. - OH

Congratulations to the following Managers of the Quarter:

Jeff K. - MN
 Tammy B. - MN
 Josh K. - MN

RD of the Year:

Claire M. - WI

Retiring with 20 Years with NHF:

Marcie B. - MN

Years of Service:

A total of 42 managers have celebrated either 5 years, 10 years, 15 years, 20 years, 25 years all the way up to 30 years! This doesn't include the managers who fall in between these years of service!

Summer barbeques, outdoor potlucks and picnics, and storing food in camper coolers can be risky, especially when warm weather makes conditions ripe for food poisoning.

According to experts at the U.S. Food and Drug Administration's Center for Food Safety and Applied Nutrition, "when temperatures soar, bacteria flourishes. However, you can protect your food and your health, and still enjoy a nice summer meal in the great outdoors by enlisting these eight food safety tips to help prevent food borne illnesses."

1. Pack Away Uneaten Food: Food should not be left out for more than 1 hour. Leftovers should be wrapped, packed, and refrigerated especially when outdoors in hot temperatures.
2. Marinate Meat on the Cool: Do not let your meats marinate on the counter at room temperature. This should be done in a cool place like the refrigerator, which will keep them safe until you are ready to cook them.
3. Don't Re-use Marinades: Re-using marinade as a sauce after it's contaminated by raw meat is prime for food contamination. The marinade should be discarded or brought to a boil before using.
4. Grill Well Done: You can quickly judge the safety of cooked meat by using a food thermometer. Red meats and fish should reach an internal temperature of 160°F, which poultry should reach 165°F to ensure all bacteria are banished.
5. Don't Contaminate Surfaces: Don't use a platter to transfer raw chicken to the bbq and then use the same platter to transfer cooked chicken to a guest's plate. Raw and cooked foods should never touch the same surface without first sanitizing it with hot, soapy water.
6. Don't Mix Utensils: The rule "no mix and match" rule applies to cooking utensils. Food bacteria can transfer from un-cleaned, shared utensils that have come into contact with raw meat. These too should be sanitized with hot, soapy water.
7. Cooler Safety: Coolers should be packed with ice and ice packs to keep your storage container, and the food within, at a safe temperature (40°F or below).
8. Sanitize Hands: Your own hands can transfer food bacteria if you're handling a mix of raw and cooked foods. Thoroughly washing your hands can safeguard food and loved ones from the spread of food borne germs.

Farmers Markets: Bringing the Farm to the Table

Using all of the unique food finds after a trip to the local farmers market can be a challenge. With a little planning, your fieldtrip to the farmers market can be a perfect way to introduce your family to new foods while learning where our food comes from — an experience all won't soon forget.

Here are the six most important things to remember for bringing a piece of the farm back to your table.

- 1.) **Plan ahead.** Bring a list of what foods you need. Scoping out the market's website or event guide gives an idea of what is offered. Get your child excited about what new foods will be there, and ask your child what new things they would like to try.
- 2.) **Try something new.** Challenge yourself and your child to try at least one new food item. The farmers market is the perfect setting for sampling unique foods. Many food stands will offer tasters to passersby interested in trying their foods.
- 3.) **Talk to the farmers.** Take this opportunity to meet your local farmers and producers in a relaxed setting. Use this time to have a conversation with the people responsible for growing or making your food. Farmers enjoy getting to know you and appreciate your interest in their crops.
- 4.) **Ask questions.** Not sure how to incorporate that purple potato into a dish your family would like? Ask the individuals selling the foods; they are a wealth of knowledge for various ideas of how to use their food as ingredients in your recipes. Some even have recipes available for you to take home.
- 5.) **Follow the MyPlate method.** Most farmers markets offer a wide variety of foods: most are delicious and nutritious, but some are high in calories. When choosing foods, remember the [USDA's MyPlate](http://www.usda.gov/myplate) method which emphasizes making half your plate fruits and vegetables, and the rest of your plate with whole grains and lean protein.
- 6.) **Make a farm-to-table meal.** Now, use a medley of what you gathered at the farmers market to prepare your meal. Involve your child in the kitchen, helping to prepare the various ingredients.

Eatright.org

Fun Food Facts Trivia: Put Your Knowledge to the Test

1. The average American/Canadian will eat about _____ pounds of cereal a year.
2. The average child will eat _____ PB&J sandwiches by the time they graduate high school.
3. The Japanese commonly put _____ on their rice.
4. The powder on chewing gum is finely-ground _____.
5. The U.S. eastern seaboard consumes almost _____% of all ice cream sandwiches.

Answers from April Issue:

1. 750 BC
2. Picked
3. Additives
4. McDonald's

