

Something to Chew On

Dining Trends: Sustainable Eating

Is it Sustainable? It's an increasingly important question to ask when it comes to agriculture and how we eat. In agriculture, the concept of sustainability is applied toward the production of food or other plant or animal products using farming techniques and practices that help to conserve natural resources and have minimal impact on the environment. Sustainable agriculture enables us to produce healthful food without compromising future generations' ability to do the same.

Sustainable eating is about choosing foods that are healthful to our environment and our bodies. A global shift toward more plant-based food including legumes (beans, peas, lentils, peanuts), whole grains, vegetables, fruits and nuts, and less animal-based foods, especially red meat and processed meat, will help feed the world's population a nutritious and sustainable diet. Limiting refined grains and added sugars is a smart move as well.

Tips for Sustainable Eating

1. Grow Something! It could be herbs in a pot, tomatoes on a patio or a small plot in your yard.
2. Shop Locally. Shopping locally is a fun way to support your community.
3. Initiate conversations about food. Talk with farmers at your market, associates at your grocery store and restaurants.

4. Eat Seasonally. When possible, focus on foods that are available in season where you live, and you'll be supporting sustainability.
5. Tap your tap. Use a refillable bottle and fill it with water from the tap or filter.
6. Retool your grocery list. Think bulk foods, more minimally processed food and more plant-based meals. Doing so translates to less packaging and waste and less energy and water.
7. Show support by purchasing local. New Horizon Foods' suppliers support Sustainable Practices!

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What's Cooking?

Spanish Chicken and Potato Roast

Ingredients:

- 1 1/2 pounds large Yukon Gold potatoes, cut into 1 1/2 inch pieces
- 4 cloves garlic, smashed, chopped
- 2T Extra Virgin Olive Oil
- 2tsp smoked paprika
- 4T chopped parsley
- 2 lemons (1 juiced, cut into wedges)
- 2 large red onions sliced thin

Directions:

1. Position rack in upper third of oven. Place a large cast iron baking dish on rack and preheat to 500 degrees. Mix potatoes, garlic, olive oil, 1T water and 1/2 tsp salt in large microwave safe baking dish and toss to coat. Cover with plastic wrap, pierce the plastic a few times and microwave 8 minutes to partially cook.

1. Pat chicken dry, transfer to bowl. Sprinkle with paprika, 1 tsp salt and 1 tsp pepper. Add 2T parsley and lemon juice; toss to coat. Set aside.
2. Remove the hot baking dish from oven; add potatoes and spread in an even layer. Scatter onions on top. Roast until potatoes start to brown, about 12 minutes.
3. Flip potatoes and lay chicken pieces on top, adding any juices from the bowl; return to oven and roast until potatoes are tender and chicken is cooked, about 12 more minutes. Remove from oven and top with remaining 2T parsley. Serve with lemon wedges.

Enjoy this Chef inspired Global Recipe!

*Recipe was provided by Jason K, Culinary Services Manager in WI. This was raved about at one of their recent Spring caterings!



Desktop Dining Safety

We've all been guilty at one time or another of putting a frozen meal in our work bag or a sandwich in our backpack in the morning and forgetting about it until lunchtime. Lunches containing perishable foods should never be left out of refrigeration for more than two hours, (one hour if the temperature is above 90 degrees) so reduce your risk of food poisoning with these tips to keep food safe as it travels from the kitchen to the school cafeteria or office.

- Wash hands before and after dining at your desk. If not available, use hand sanitizer or disinfectant wipes.
- From the time you make your lunch at home, don't let more than 2 hours pass before you put it in the refrigerator. Don't let leftovers remain unrefrigerated for more than two hours.
- Keep perishable foods properly refrigerated at or below 40 degrees F.
- Thaw frozen foods in the refrigerator or microwave, not on the countertop.
- If you bring leftovers for lunch, reheat to the proper temperature of 165 degrees F.



Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

Blaine P - CO Senior Community
Brian M - WI Senior Community
Christina L - MN Senior Community
Danielle J - MN Senior Community
Jeff R - MN Senior Community
Kristie T - MN Residential Program
Lena K - MN Senior Community
Patty M - WI Senior Community
Rikki H - MN School Nutrition Program
Tammy B - MN Senior Community

Employees of the Month
December - Scott C - MN
January - Jack K - MN
February - Lory E - MN
March - Lydia E - MN

RD of the Year
Claire M-WI

Managers of The Quarter
Liz S - MN Residential Dining
Dustin R - IA Senior Dining
Amy K - CO Senior Dining



Tips for Navigating the Holiday Buffet

A weekend brunch is always a delicious way to spend time with friends and family but navigating the brunch buffet can be tricky when your goal is healthier choices. The good news is that building a better brunch is possible and can be an extra fun way to dine out.

The most important tip to keep in mind is to follow a healthy diet, made up of lean proteins, fruits and vegetables and whole grains, most of the time. This whole diet approach leaves room for the occasional splurge or Easter brunch and supports a healthy and energized lifestyle.

When it comes to the brunch buffet, many of the choices you'll find may not be Healthy Dining picks, but that doesn't mean you can't dine nutritiously and deliciously while you're there:

- Focus on fruits and veggies – Make the most of the fresh fruit, green salad and variety of vegetables at the

omelet station. More and more of these choices are rounding out brunch buffets, thanks to the growing demand for healthier choices at restaurants.

- Opt for lean protein – Whenever possible, go for succulent and simply prepared seafood or turkey bacon instead of the traditional, higher calorie prime rib option, sausage and pork bacon options. Choosing the lean protein not only saves on calories but also cuts the saturated fat in your meal. Seafood, especially salmon, is also a smart choice for healthy fats.
- Limit the extras – Cheese, dressing, sauces, dips and similar toppings can add up when it comes

to calories, fat and sodium. Stick with your must-haves and use small amounts to add the flavor without piling on the extra calories.

- Savor your favorites – This doesn't mean giving up everything you look forward to in a brunch! If you see something you LOVE, enjoy a small serving for the occasion to get the flavor without ending up feeling stuffed or deprived.

