

## What's in season during the spring in California? Fruits and vegetables to help you savor more flavor!

- Artichokes
- Asparagus
- Chayote Squash
- Green Peas
- Lemons
- Oranges
- Peaches
- Potatoes
- Strawberries
- Spinach
- Sweet Potatoes
- Tangerines



## Savor the Flavor of Eating Right!

### March is National Nutrition Month®!

*R. Rothman, RD*

The Academy of Nutrition and Dietetics created this annual education and information campaign to focus on “the importance of making informed food choices while developing sound eating and exercise habits.”

The theme for 2016 is Savor the Flavor of Eating Right. ***What are your favorite food traditions, favorite flavors and food experiences?***



**SAVOR  
THE FLAVOR  
OF EATING  
RIGHT**

### Tips for Eating More Fruits and Vegetables

*L. Boerner, RD*

The 2015 Dietary Guidelines encourage healthy eating, including a variety of vegetables and whole fruits.

Fruits and vegetables are rich in vitamins, nutrients, fiber, water and antioxidants.

#### Try these tips to help increase your fruit and vegetable intake:

- ◆ Start your morning by adding a fruit to your

breakfast. Top pancakes or waffles with berries, and have frozen berries on hand to add to a quick smoothie.

- ◆ Add vegetables to eggs or an omelet or make your own breakfast burrito!
- ◆ Add vegetables to a sandwich, or add tomatoes, spinach or avocado to pizza.
- ◆ Add grated carrots and

zucchini to turkey burgers and your soups, pasta and rice.

- ◆ Try new vegetables in salads.
- ◆ Have pre-cut vegetables readily available for snacks. Carry dried fruit with you for a quick snack instead of chips.
- ◆ Visit your local Farmers Market!

## Cookbooks to Help You Savor the Flavor

*H. Ramadan RD*

### ***The Just Bento Cookbook: Everyday Lunches to Go*** by Makiko Itoh

Makiko Itoh teaches you how to make beautiful and nutritious lunches your kids will love eating.

### ***Quick Cook Vegetarian*** by Sunil Vijayakar

This book provides a 10-, 20- and 30-minute version of each recipe.

### ***The Baby & Toddler Cookbook*** by Karen Ansel, MS, RD and Charity Ferreira

If you're looking for easy, wholesome recipes for your baby

or toddler, this is a great place to start.

### **Prefer to find your recipes online? Here are some great sites:**

**Kids Eat Right:** <http://www.eatright.org/resources/kids-eat-right-listing/?active=recipes>

**Meal Makeover Moms:** <http://mealmakeovermoms.com/recipes/>





## Spice Things Up this Spring!

E. Bhattacharjee, RD

Adding herbs and spices can really brighten up foods that otherwise have a very simple taste. Many herbs and spices may also provide health benefits beyond adding exciting flavor profiles to healthy foods. Studies in humans for most of these substances are inconclusive, but it's possible that using them regularly may lead to small improvements in health and well-being. Here are some of the herbs and spices that are thought to most beneficial:

**Turmeric** is believed to play a role as an antioxidant, anti-inflammatory and antimicrobial agent.

**Cinnamon** may have similar benefits, as well as possibly decreasing blood sugar.

**Ginger** is often used to treat stomach problems such as nausea and vomiting, as well as for pain and cough relief.

**Oregano** may play a role in reduction of LDL cholesterol.

**Clove** and **cayenne pepper** are thought to help with pain relief when applied to the skin.

**Rosemary extract** may help treat hair loss when rubbed on the skin, but no studies have proven significant health benefits from the consumption of rosemary.

Most herbs and spices are thought to be safe when used in the amounts necessary during cooking for flavoring foods; however, you should always ask your doctor before initiating any nutrition supplement as they may interact with other medications.

**Tip:** Instead of sugar, use nutmeg, anise, cardamom, allspice, mace, cloves, ginger or cinnamon.

**The most significant way that herbs and spices may benefit you is with their flavor.** Using certain herbs and spices or combining them together may assist with decreasing salt or sugar intake by providing similar flavors to your foods. Doing this may be beneficial with controlling blood pressure, blood sugar or weight loss.

**Tip:** Replace salt with black pepper, curry powder, basil, garlic or dill seeds.

## Connect With Your Food = Mindful Eating

M. Vanschuyver, RD

Mindful eating is deliberately paying attention, non-judgmentally, to all aspects of food and eating on a moment-by-moment basis.

### Mindful eating techniques:

Take a few deep breaths before eating. Chew slowly. Stop talking. Put the fork down and rest your hand to take another relaxing breath. Focus on food and minimize distractions. Consider silence.

Engage all your senses: **see** the food's shape and color, **feel** texture with full

concentration, **smell** the food's aroma, **taste** the food and discover how the taste changes as it lingers in your mouth, **hear** the sound as you chew your food.

**Reflect** on your style of eating with curiosity and without judgment: do you eat fast or slow, recognize satisfaction cues, choose foods based on desire or nourishment?

Use this mindfulness to create a healthy relationship to your food.

**Learn more!** Download the mindful eating app on your iPhone or iPad or check out more at [mindfuleating.com](http://mindfuleating.com).



## How to Use Herbs and Spices: Plant In Your Window for Springtime.

L. Ameer, RD

Herbs and spices can add wonderful flavors to food. Using them instead of salt will help lower the sodium and fat level in a dish, while increasing antioxidants. Try your own window garden.

<u>Herb/Spice:</u>	<u>Uses:</u>
<b>Allspice:</b>	Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies.
<b>Basil:</b>	Fish, lamb, baked chicken, stews, pasta and pesto sauce.
<b>Bay Leaves:</b>	Simmer with lean meats, soups, tomato.
<b>Chives:</b>	Salads, soups, baked potatoes, dips.
<b>Cinnamon:</b>	Fruits, breads, pie crust, pork, sweet potatoes, acorn squash, yogurt, pudding, oatmeal.
<b>Curry:</b>	Lamb, veal, chicken, fish, rice, dips.
<b>Dill:</b>	Cabbage, carrots, cauliflower, cucumbers, salads, pastas.
<b>Garlic:</b>	Italian dishes, stir fry, spinach, broccoli, kale, mashed potatoes, soups.
<b>Nutmeg:</b>	Baked fruit, pie crusts, muffins, baked chicken, pudding.
<b>Oregano:</b>	Tomato based sauces, pizza, bean salads, zucchini.
<b>Parsley:</b>	Salads, potato and macaroni salads, green beans, carrots, dips.
<b>Rosemary:</b>	Baked chicken, lean pork, stuffing, lima beans.
<b>Tarragon:</b>	Salad dressings, vegetables, fish, pasta.
<b>Thyme:</b>	Soups, fish, vegetables.



## Reducing Food Waste

N. Sanner, RD

Approximately 31 percent of edible food in the United States is wasted. While you're learning to "Savor the Flavor of Eating Right" in March, you can also learn how you can reduce food waste in your home and community. Here are a few tips to get you started:

**Make the first stop of your grocery shopping your own refrigerator.** Plan your next two to three meals based on foods that are about to expire. This is especially important for produce that many people throw away before they can even enjoy it.

**Put your freezer to work.** Frozen cut-up fruit and yogurt make preparing smoothies in the future very quick and easy. It's best to freeze meat and poultry in single-meal portions since it is not safe to re-freeze meats. Another bonus: less space for highly-processed frozen meals that often are less nutritious.

**Understand your dates.** The Academy of Nutrition and Dietetics offers these explanations: The "sell by" date tells the store the last day they should sell that specific package. The "best if used by" date is the rec-

ommended date for best flavor or quality. The "use by" date is the last date recommended for use of the product at peak quality. Download the Is My Food Safe? App for a list of the shelf life of common foods.

**Save the "scraps."** Think twice before tossing the food you're not using immediately. Make your own soup stock, fruit-infused water or breadcrumbs.

**Find a food bank.** If you're unable to eat all the food in your house, consider donating to a food bank. Check out this website to find a food bank in near you: <http://www.feedingamerica.org/find-your-local-foodbank/?referrer=https://www.google.com/>

**Don't fear the Doggie Bag.** If the food on your plate is just too much to eat in the moment, ask for a to-go container and save some for later. Be sure to store food properly in your refrigerator once you get home. When it comes to reducing waste, proper food storage is important for all foods, not just leftovers. **Food safety is important for everyone!**

# Spring Pizzas

Recipe submitted by R. Levitt, RD

Recipe courtesy of Alex Guarnaschelli, derived from <http://www.foodnetwork.com/recipes/alexandra-guarnaschelli/spring-pizzas-recipe.print.html?oc=linkback>

**Total Time:** 50 min    **Prep:** 35 min    **Cook:** 15 min    **Yield:** Four 6-inch pizzas

## Ingredients:

1 pound pizza dough  
All-purpose flour, for dusting  
2 tablespoons extra-virgin olive oil,  
    plus more olive for brushing and drizzling  
6 ounces of scallions, trimmed and cut  
Kosher salt  
1 cup ricotta cheese  
1 teaspoon grated lemon zest  
Coarse sea salt  
Coarsely ground black pepper  
1/4 cup fresh basil leaves  
Grated parmesan cheese, for topping



## **Directions:**

1. Preheat the oven to 500 degrees F.
2. Divide the dough into 4 pieces on a floured surface. Brush a baking sheet with olive oil. Stretch the dough into four 6-inch rounds; place on the baking sheet and bake until golden, about 12 minutes
3. Heat a large skillet over medium heat. Toss the scallions with 1 tablespoon olive oil and season with kosher salt. Sauté until just wilted, about 1 minute
4. Mix the ricotta, lemon zest, the remaining 1 tablespoon olive oil with some sea salt and pepper in a bowl. Brush the pizza crusts with olive oil (this will protect them from getting soggy), then spread with the ricotta mixture. Top with the scallions. Return to the oven until warmed through, about 2 minutes
5. Top the pizzas with basil, parmesan and a drizzle of olive oil

# Peach Frozen Yogurt

Recipe submitted and modified  
by C. Berling, RD



Courtesy of EatingWell.com

**Makes:** 4 servings  
**Serving size:** 3/4 cup  
**Time:** 10 minutes

## INGREDIENTS

- 3 1/2 cups coarsely chopped peaches (or fruit of choice)
- 1/2 cup nonfat plain yogurt
- 1 tablespoon lemon juice

## PREPARATION

- 1.) Place peaches in a food processor; pulse until coarsely chopped.
- 2.) Combine yogurt and lemon juice in a measuring cup gradually add to the food processor
- 3.) Process until smooth and creamy, scraping down the sides once or twice. Serve immediately.

If you have any questions or comments, contact Rachel Rothman, MS, RD at [rrothman@rchsd.org](mailto:rrothman@rchsd.org)