



FOOD NEWS

April 2018

Southern Regional Schools



RECIPE LOVE: Sausage & Vegetable Sheet Pan Dinner

Serves 4

Ingredients

- 1 lb turkey or chicken sausage
- 2 bell peppers, cut lengthwise into 6 pieces
- 1 red onion, cut into 8 wedges
- 1 fennel, cut lengthwise into 8 wedges
- 1 Tbsp extra virgin olive oil
- ½ tsp salt
- 1/8 tsp ground black pepper
- 5 oz baby greens (baby kale, baby spinach, etc.)

Instructions

1. Preheat oven to 425°F. Line a baking sheet with foil or parchment paper.
2. Arrange sausage, peppers, onion, and fennel on baking sheet, drizzle with olive oil and sprinkle with salt and pepper.
3. Roast for about 30 minutes until sausage is cooked and vegetables are golden brown, stirring once midway through roasting.
4. Add baby greens to baking sheet and toss all together
5. Enjoy!

Recipe Author: Abbie Gellman, MS, RD, CDN
Source: foodandnutrition.org

RD CORNER

Hi! My name is Meredith Hesselein and I'm your registered dietitian. My main goals are to teach students and their families lifelong habits of good health and wellness through food. Through this newsletter I hope to keep you in the loop on food and nutrition news. If you have any questions or requests, please don't hesitate to reach out!

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DISTRICT NEWS

Sodexo ServaThon STOP Hunger Campaign

Student of the Month Breakfast 4/10

Senior Trip 4/18-4/22

Going Meatless Once a Week

Going vegetarian for one day a week for dietary or religious reasons is a small change in your diet that can improve your health and the environment. Going light on meat was the norm a few generations ago when meat often was consumed in side dish portions, while nutrient-rich beans and lentils, vegetables and whole grains took center stage.

Don't Just Cut Back, Add to Your Diet

- Eating no meat one day a week is not only about subtracting from your diet, but adding to it. Eating more whole grains, beans and lentils and vegetables on your meatless day offers many health benefits.
- Whole-grain, unprocessed carbohydrates — such as whole-wheat bread, whole-grain pasta, brown rice, oats, buckwheat, quinoa and millet — can help prevent heart disease, certain cancers and diabetes. Experimenting with a new grain choice on your next meatless day can provide fiber for normal bowel function, along with a variety of vitamins and minerals that contribute to the nutrient density of your diet.
- Americans regularly eat more than enough protein, and adding beans or lentils to your meat-free meal also maintains an adequate protein intake. Providing about 16 grams of protein per cup cooked, beans and lentils also are a great source of fiber, folate, iron and potassium. These nutrient-rich foods are good

sources of manganese, magnesium, copper, and thiamin.

- Vegetables are nutrient powerhouses and add color and texture to your meals. Try leafy greens such as kale, collards, bok choy and broccoli for good plant sources of calcium.

Good for the Environment

Consuming a plant-based diet can benefit the environment. According to the Food and Agricultural Organization, livestock was estimated to contribute to 14.5 percent of global human-caused greenhouse gas emissions (GHG). In the U.S., the Environmental Protection Agency estimates that livestock contributes to more than one-third of methane emissions, one type of GHG. Eating less meat by going meatless one day a week can contribute to efforts to reduce GHG.

Source: eatright.org

Going Meatless Once a Week

Written by Monique Ryan, MS, RD, CSSD, LDN

FOOD DAYS

April 2 – National Peanut Butter & Jelly Day

April 4 – National Ramen Noodle Day

April 6 – International Carbonara Day

April 7 – World Healthy Day

April 12 – Grilled Cheese Sandwich Day

April 17 – Healthy Kids Day

April 20 – Lima Bean Respect Day

April 22 – Earth Day

April 23 – National Picnic Day

April 26 – National Pretzel Day

April 30 – National Raisin Day