



FOOD NEWS

May 2018



RECIPE LOVE: Sautéed Mustard Greens

Serving Size: ½ cup :: Serves 8

Ingredients

- 1 ½ lb mustard greens
- ¼ cup peanuts, roughly chopped
- 1 tablespoon olive oil
- 1 cup finely diced white onion
- 1 clove garlic, minced
- 1 ½ teaspoons Madras curry powder
- 1 14.5 oz can diced tomatoes with salt, drained
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ cup diced scallions

Instructions

1. Wash, destem, and roughly chop mustard greens.
2. Place peanuts in 12-inch skillet set over medium heat. Toss peanuts and cook until lightly toasted, about 2 minutes. Remove from pan and set aside.
3. Heat olive oil in the same skillet over medium heat. Add onions and saute until softened, about 5 minutes.
4. Add garlic and curry powder—saute for 1 to 2 minutes.
5. Add greens to the pan, toss carefully and cook until they begin to wilt, about 1 to 2 minutes.
6. Add tomatoes, salt, and pepper—stir to combine.
7. Reduce heat to medium-low and cook for 8 minutes.
8. Stir in scallions and toasted peanuts and cook for 1 minute. Serve warm.

Recipe Author: Marcy Gaston, MS, RD, CD
Source: Stone Soup Blog, foodandnutrition.org

RD CORNER

Hi! My name is Meredith Hesselein and I'm your registered dietitian. I work alongside your school's food service staff to make sure we provide healthy and proper nutrition to your student. Through this newsletter I hope to share food habits of good health and wellness, healthful recipes, and current nutrition news. If you have any questions or requests, please don't hesitate to reach out!

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DISTRICT NEWS

Southern Regional Schools

May 7 - Waffle Bar For Lunch w/ Fruit Toppings and Whipped Cream.

May 8 - Burgers Fresh off the Grill at the 11/12 Café w/ Toppings Bar.

May 15 - SRHS SOM Breakfast.

May 16 – Buddy Prom

May 19 – Relay for Life

May 31 – SRHS Scholarship Night

Different Kinds of Lettuces and Greens

Lettuce, a type of leafy green, is still one of the most commonly eaten veggies in the United States today. Leafy greens can be either dark or light in color and include types such as spinach, Romaine, kale, escarole, and endive. Mesclun, a mix of young salad greens, offers a variety of different types, including arugula, frisée and radicchio.

Dark-green leafy greens offer plenty of the antioxidant beta carotene, which helps to form vitamin A in the body and may help lower the risk for certain diseases. The darker the leaves, the more nutrient-rich the lettuce. For example, Romaine has seventeen times more vitamin A than iceberg lettuce. Some greens deliver folate, potassium and dietary fiber, too. Greens supply lutein, which contributes to good vision and may help protect your eyes from macular degeneration. The small addition of fat helps with the absorption of certain nutrients. Choose dressings made with oils more often, because they provide unsaturated fat, which is considered to be healthier than cream-based dressings.

Perk up your salad-making with more flavor, color and texture by mixing in different greens.

- For a peppery flavor: arugula or watercress
- For leaves that aren't green: red-and-white radicchio
- For flavor with a "bite": chicory or escarole
- For a mild flavor and delicate green color: mâche, Boston or Bibb lettuce
- For a deep-green color: spinach
- For a crisp texture: Romaine

Many leafy greens, such as spinach, kale and collard greens, also are well suited for cooking. Try sautéing them in a little oil, then season with spices, such as garlic and just a little salt and pepper. When cooked, greens usually will shrink

down by half, so this is important to consider when planning meals.

Greens also can be added to soups, stews, casseroles and other dishes, too. For example, baby spinach leaves add a nice flavor and color when folded into an omelet. They also can be added toward the end when making a homemade soup. Kale can be baked into chips, which makes for a great tasting, healthy snack.

Look for different types of leafy greens at your local grocery store or farmers market. Be sure to wash and dry the leaves thoroughly before using and keep them refrigerated. Enjoy within a few days, as the leaves are likely to wilt or spoil if stored beyond that time frame.

Source: eatright.org

Different Kinds of Lettuces and Greens

Reviewed by Taylor Wolfram, MS, RDN, LDN

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FOOD DAYS

May 1 – National Chocolate Parfait Day

May 4 – National Hoagie Day

May 5 – National Enchilada Day

May 11- National "Eat What You Want" Day

May 13 – National Apple Pie Day

May 15 – National Chocolate Chip Day

May 21 – National Strawberries & Cream Day

May 22 – National Vanilla Pudding Day

May 27 – National Italian Beef Day

May 28 – National Brisket Day

May 31 – National Macaroon Day