

# News in Your School

## Southern Regional Schools

DECEMBER 2018

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### RD Corner



Hello! My name is Meredith Hesselein and I'm your school Registered Dietitian!

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news. If you have any questions or comments, feel free to contact me at:

meredith.hesselein@sodexo.com

## Have a Healthy

## RED and GREEN Holiday!

Eating several servings of a variety of colorful fruits and vegetables a day helps maintain good health, protect against the effects of aging, and reduce the risk of cancer and heart disease.

Have some fun with the red and green colors during the winter holiday season. Here's a list of red and green fruits and vegetables from the National Cancer Institute.

### RED

• Tomatoes • spaghetti sauce • tomato juice • red peppers • red onions • beets • red cabbage • kidney beans • apples • red grapes • strawberries • cherries • watermelon • raspberries • cranberries • pomegranates

### GREEN

• Leafy greens • asparagus • green peppers • broccoli • green beans • peas • cabbage • green onion • Brussels sprouts • okra • zucchini • green apple • green grapes • honeydew melon • kiwifruit • limes

Some quick red/green fruit/vegetable combos to try at your holiday meal include:

- ✓ Red and green apple slices surrounding your favorite dip like a wreath
- ✓ Coleslaw with red apple chunks or cherry tomato halves
- ✓ Small bunches of red and green grapes used as an edible garnish on your holiday meat platter
- ✓ Strawberry Kale Salad (recipe below)
- ✓ Pomegranate or cranberry juice garnished with a lime wedge
- ✓ Pizza topped with green peppers



Article adapted from: University of Nebraska-Extension *Have a Red and Green Holiday*. By Alice Henneman, MS, RD  
<https://food.unl.edu/have-healthy-red-and-green-holiday>

# Let's Get Cooking...

## Strawberry Kale Salad

*Kale and Strawberries are known as SUPER FOODS because they are packed with vitamins, minerals and antioxidants. These nutrients have numerous beneficial effects on health including protecting the body against cancer, heart disease and many other diseases.*

### **Ingredients:**

- 3 cups fresh kale, chopped
- 1 cup strawberries, thinly sliced
- $\frac{1}{2}$  cup oil
- 3 Tbsp lemon juice
- 1 Tbsp honey
- Salt & Pepper, to taste



### **Instructions:**

- 1.) Wash kale very well and dry. Remove midribs from kale so you are left with the tender leaves.
- 2.) Stack 3 or 4 kale leaves at a time and roll them up tightly lengthwise. Using a very sharp knife, cut across the roll into very thin strips about  $\frac{1}{8}$ <sup>th</sup> inch thick.
- 3.) Add  $\frac{1}{4}$  cup oil and massage kale for 2 minutes to break down the fibers and tenderize.
- 4.) Add strawberries.
- 5.) Mix together  $\frac{1}{4}$  cup oil, lemon juice, honey, salt & pepper.
- 6.) Add dressing to kale and strawberries and toss to combine.

