

THE DIETITIAN'S DESK

WELCOME TO THE DIETITIAN'S DESK!

This newsletter is committed to providing insightful nutritional information to promote a healthy lifestyle in school and at home.

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EAT YOUR RAINBOW



SEEN IN YOUR SCHOOL LUNCH

Eating colorful fruits and vegetables helps us protect our bodies! We can do this by eating a variety of fruits and vegetables that are offered in the School Lunch daily. School Lunch includes a variety of fruits and vegetables that provide different nutrition benefits based on their colors, found as sides options or on our Garden Bars!

EAT YOUR RAINBOW INFORMATION

Eating different colors in our diet makes all the difference!

Each color provides a different set of disease fighting phytochemicals as well as vitamins and minerals to keep our bodies healthy. The different colors are Red, Orange, Yellow, Green, Purple/Blue, White.

- Red Fruits and Vegetables contain the antioxidants Lycopene, Ellagic Acid, Quercetin, and Hesperdins which fight heart disease and cancer. They also contain Vitamin A and C that boost our immune systems!
- Orange/Yellow Fruits and Vegetables are especially rich in Vitamin A! This helps reduce risk of disease and keeps our eyes healthy. Citrus Fruits provide Vitamin B and C increasing our immune systems and keeps our hearts healthy!
- Green Fruits and Vegetables contain the antioxidants Lutein and Zeaxanthin which reduce the risks of cataract and blindness keeping our eyes in good health. They also contain Vitamin B which aids in brain function!
- Blue / Purple Fruits and Vegetables add flavonoids, phytochemicals, and antioxidants to our diets that protect our cells and overall health. Blueberries can be linked with improving memory function!
- White Fruits and Vegetables contain Anthoxanthins which help lower blood pressure and cholesterol levels promoting a healthy heart function! Some White Fruits and Vegetables also contain mineral Potassium.

CULTURAL RECIPE DEVELOPMENT

Cultural recipe development is a big topic of interest across our districts. We have spent the last two years focusing on developing our menus to showcase and highlight different cultures and appropriate meals. We have recently had a focus in developing our Latin X cultural recipes. We were able to spend some time at the end of SY21-22 directing our goals to taste testing and improving these cultural favorites. We have created a new set of recipes and are looking forward to continuing the taste testing process and development of other cultures.

With new menu implementation on the forefront we are looking to ensure we are showcasing a variety of culturally diverse menu options for our students to explore and possibly try new favorites or have meals they are used to consuming at home! We are excited to see where this new direction will taking us in the upcoming school years!

RECIPE OF THE MONTH

Pollo Salteado



Ingredients:

- 1 ¼ pound Chicken Thigh Strips (fully cooked)
- 3 teaspoon Minced Garlic
- 3 cups Green Pepper and Onion Blend
- ¼ cup Kikkoman Teriyaki Glaze
- 2 teaspoon Red Hot Sauce
- 8 ounces Low Sodium Tomato Sauce
- 1 teaspoon Sazon
- ¼ cup Ketchup
- 1 tablespoon Apple Cider Vinegar

Directions:

1. Put Chicken Strips into a large bowl. Preheat oven to 350 degrees.
2. Combine Teriyaki, Garlic, Tomato Sauce, Vinegar, Sazon, Ketchup and Hot Sauce. Stir well.
3. Pour the mixture over the chicken, stirring them to ensure the chicken is coated evenly.
4. Place Chicken mixture into a large pan (hotel), then add the Green Pepper and Onion Blend. Stir well.
5. Cook for 10 minutes, then mix. Cook another 10 minutes until vegetables are tender.
6. Serve hot over rice or in a tortilla.