

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.

This month's newsletter was developed by Sodexo's Aaron Lenart, RD from Providence Public Schools in Rhode Island

December 2021 Issue

WHOLE GRAIN

SEEN IN YOUR SCHOOL LUNCH

Did you know your school lunch is packed with Whole Grains? From Cereal at Breakfast to Bread and Pasta at lunch. Most of the grains served by Sodexo in school are Whole Grains. This helps keep our bodies feeling full and give us energy to get through the busy school day.

WHOLE GRAIN FACTS

- 1.) Whole grains have been a part of the human diet for tens of thousands of years.
- 2.) Eating whole grains is associated with various benefits, including a lower risk of diabetes, heart disease, and high blood pressure.
- 3.) Grains are the seeds of grass-like plants. Some of the most common varieties are corn, rice, and wheat.
- 4.) Whole-grain kernels have three parts: Grains can be rolled, crushed, or cracked. Nonetheless, as long as these three parts are present in their original proportion, they're considered whole grains.
- 5.) Refined grains have had the germ and bran removed, leaving only the endosperm.
- 6.) Though enriched refined grains have had some vitamins and minerals added back, they're still not as healthy or nutritious as the whole versions.
- 7.) When you purchase processed whole-grain products, read the ingredient list to make sure they're made entirely from whole grains, not a mixture of whole and refined grains.

Add this
dressing
on top!

Ingredients:

- 1/2 cup olive oil
- 3 tablespoons red wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper



FROM YOUR FARMER

December is the time of year for Hearty squashes like Butternut and Pumpkin. These can be used in many applications like mashed, roasting, soups, and pies. Be sure to help your farmer and buy local.

RECIPE OF THE MONTH

Roasted Butternut & Brown Rice Salad

Ingredients:

- 3 tablespoons brown sugar
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 medium butternut squash peeled and cut into 3/4-inch cubes
- 2 cups Whole Grain brown rice
- 2 large sweet red peppers, cut into 1/2-inch pieces
- 1 cup pine nuts, toasted (or any other nut)
- 6 green onions, thinly sliced
- 3 tablespoons coarsely chopped fresh parsley



Directions:

- 1.) Preheat oven to 425°. In a large bowl, combine brown sugar, balsamic vinegar, oil and salt. Add squash; toss to coat. Transfer to a greased, foil-lined 15x10x1-in. baking pan. Bake 25-30 minutes or until tender, stirring occasionally. Cool completely.
- 2.) Meanwhile, cook rice according to package directions. Remove from heat; cool completely.
- 3.) In a large bowl, combine red peppers, pine nuts, green onions, dill, parsley, squash and rice. In a small bowl, whisk dressing ingredients. Pour over salad; toss to coat. Serve at room temperature. Cover and refrigerate leftovers.