

# 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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## PLANT-BASED PROTEIN POWER



### SEEN IN YOUR SCHOOL LUNCH

Keeping up with food trends is something we strive to do in Sodexo. One of the largest trends emerging is the concept of vegetarian and vegan meals. Students have become more active in requesting meat-free school meals and we are excited to provide new options on our menus! We aim to provide at least one or more meatless options on our meals every day for all grade levels. Check out your local menus for these items.

Research shows that plant-based diets can have positive health outcomes. These items are often rich in fiber and lower in saturated fat. Fiber helps aid in digestion, which can assist with regulating blood sugars and fiber and diets lower in saturated fat can help to lower cholesterol.

### PLANT-BASED PROTEIN POWER FACTS

- Humans need protein for a variety of functions, such as building muscle, maintaining healthy hair and nails, and performing a great deal of unseen functions in our bodies, like digesting food. Our bodies produce some building blocks of protein, or amino acids, but others must be consumed in our diet and are referred to as "essential amino acids."
- Meat, eggs, and dairy foods are often viewed as superior to plant-based protein sources because they contain the essential amino acids in proportions that humans need. However, including a variety of plant-based protein sources in your diet throughout the day can help ensure that you still meet your protein needs.

### COMMON SOURCES

- Nuts & Seeds
- Soy Products: Tempeh and Tofu
- Dairy products and some alternative dairy options
- Beans & Legumes
- Grains: Oats, Spelt, Teff, Seitan, Quinoa and Amaranth

### FROM YOUR FARMER

During the month of April items like Arugula, Carrots, Kale, Mushrooms and Spinach are widely cultivated in our region. You can support your community by buying local!

### RECIPE OF THE MONTH

#### Kale and Sweet Potato Brown Rice Bowls

##### Ingredients:

- 1 can chickpeas
- 1 head of broccoli
- 1 sweet potato
- 1 bunch kale
- 1.5 cups brown rice

##### Sauce Ingredients:

- 1/4 tahini
- juice from 1/2 lemon
- 1 bunch of cilantro
- 1 tsp turmeric
- Salt and pepper to taste

##### Directions:

1. In a 350 degree oven roast chickpeas, broccoli and sweet potato. Sprinkle with olive oil, salt and pepper
2. Cook brown rice in 3 cups of water. Once brought to a boil, reduce to a simmer and cover until cooked through and fluffy.
3. Massage kale with olive oil and a squeeze of lemon juice. Combine sauce ingredients in a food processor until smooth.
4. Assemble bowl with the fix-ins you like best and drizzle with your Tahini Sauce.



Recipe from:  
<https://www.eatingbirdfood.com/kale-and-sweet-potato-brown-rice-bowl/>