

FAMILY NUTRITION NEWSLETTER

MARCH
2016
EDITION

Produce Items of the Month are CAULIFLOWER and NAVEL ORANGES

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

PRODUCE SELECTION:

Cauliflower:

- Cauliflower heads should be firm and tightly closed.
- White varieties should be very pale with a creamy white color, and with no dark blemishes or brown spots. If buying purple, green or orange cauliflower (you'll find these at many farmers markets), they should be uniformly colored.
- Pay attention to the leaves. They should look fresh and vibrant, which is a sign that the cauliflower was recently harvested.
- Smell the cauliflower. If it has a strong smell, it's past its prime and will probably have an unpleasant taste.

Navel orange:

- The heavier the fruit, the juicier the inside will be. Less weighty navel oranges could indicate that the fruit inside has not only dried out some but may not be sweet.
- Smell the outer peel, and the button area at the top that resembles a human navel. It should smell fresh. If it smells like anything other than orange peel, don't buy it.
- Check the peel for inconsistencies. The color should be fairly uniform.



Cauliflower	
Nutrition Facts	
Serving Size 1 cup (100g) (100 g)	
Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 77%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Orange	
Nutrition Facts	
Serving Size 1 cup sections, without membranes 185g (185 g)	
Amount Per Serving	
Calories 85	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	18%
Sugars 17g	
Protein 1g	
Vitamin A 8%	Vitamin C 139%
Calcium 8%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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HEALTHY BODY FOCUS: NATIONAL NUTRITION MONTH

...is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

For more information, visit:

www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month.

HELPING YOUR CHILD EAT HEALTHY

- Add navel orange sections to your salad for a nice burst of fruit
- Topping your waffles or pancakes with oranges will add Vitamin C
- Many children prefer eating their navel oranges simply as they come...peel and eat!
- In your next Chinese meal, try cauliflower rice instead of regular white rice
- Roasting cauliflower florets with some garlic and olive oil in an oven serves as a nice side dish
- Instead of mashed potatoes, try mashed cauliflower



RECIPE CORNER

FRESH ORANGE & YOGURT TART from Martha Stewart

- 1/2 cup raw almonds
- 1/4 cup granulated sugar
- Coarse salt
- 1 cup all-purpose flour, (spooned and leveled)
- 6 tablespoons (3/4 stick) unsalted butter
- 2 teaspoons powdered gelatin (from a 1/4-ounce packet)
- 1/2 cup half-and-half
- 1 1/2 cups plain Greek yogurt (2 percent)
- 1/4 cup packed light-brown sugar
- 3 medium navel oranges

1. In a food processor, pulse almonds, granulated sugar, and 1/2 teaspoon salt until finely ground. Add flour; pulse to combine. Add butter and pulse until mixture is crumbly and holds together when squeezed. Press crumbs in bottom and up side of an 8-inch fluted tart pan with a removable bottom. Freeze 15 minutes.
2. Preheat oven to 350 degrees. Place tart pan on a rimmed baking sheet and bake until crust is golden brown and set, 30 to 35 minutes. Let cool on a wire rack 10 minutes, then remove tart ring and let cool completely.
3. In a small bowl, sprinkle gelatin over 2 tablespoons cold water and let stand 5 minutes. In a small saucepan, warm half-and-half over medium heat. When it begins to steam, add gelatin mixture and stir until dissolved, about 1 minute. In a medium bowl, whisk together yogurt, brown sugar, and pinch of salt. Stir warm half-and-half mixture into yogurt mixture. Pour filling into cooled tart shell and refrigerate until set, 2 hours (or up to 1 day).
4. With a sharp paring knife, slice off ends of oranges. Following curve of fruit, cut away peel, removing as much white pith as possible. Slice oranges into 1/4-inch-thick rounds and remove any seeds. Just before serving, arrange orange slices on top of tart.

CHEDDAR CAULIFLOWER SOUP FROM EATING WELL

- 2 tablespoons extra-virgin olive oil
- 2 large leeks, white and light green parts only, thinly sliced and rinsed
- 4 cups chopped cauliflower florets (from 1 medium head)
- 2 1/2 cups low-fat milk, divided
- 2 cups water
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon white or black pepper
- 3 tablespoons all-purpose flour
- 1 1/2 cups shredded extra-sharp Cheddar
- 1 tablespoon lemon juice

1. Heat oil in a large saucepan over medium heat. Add leeks and cook, stirring, until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes.
2. Meanwhile, whisk the remaining 1/2 cup milk and flour in a small bowl. When the cauliflower is soft, remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring, until the soup has thickened slightly, about 2 minutes more. Remove from the heat. Stir in cheese and lemon juice.

