



# NOVEMBER UPDATE

## FRESH FRUIT & VEGETABLE PROGRAM

### Preparing Yourself for Holiday Eating

We are in the Holiday Season and everyone is getting ready to make and eat their favorite dishes with their family. It is the time of year that we all let go a little and eat more than we typically would. Americans gain two pound on average during these next two months. Concepts of moderation and being physically active are typically put in the back of our minds during these times, which leads to a longer road of unhealthy choices. It is still possible to enjoy yourself and let go during the holidays while still being mindful of your dietary decisions. Here are a few tips to keep in mind while enjoying yourself this Holiday Season.

- **DON'T SKIP MEALS THROUGHOUT THE DAY:** Remember to still have breakfast and lunch on the days of big events. You can still eat holiday food for these meals so you don't miss out on a single bite of holiday deliciousness. This will keep you from overeating.
- **ADD VEGETABLES TO YOUR DISHES:** Try adding a vegetable to whichever dish you are making for each meal. You can add some cauliflower to the mashed potatoes you are making. Adding onions and garlic in with your gravy will give it more flavor and nutritional value. Blend frozen mixed berries and thicken with cornstarch to replace cranberry sauce. Serve a dish with some roasted brussel sprouts or kale as a garnish.
- **GO FOR FRUITS AND VEGETABLES FIRST:** When going through the buffet line, try to fill your plate with as many fruits and vegetables as you do with your other favorite foods. This will keep you from filling up on rich and starchy foods.
- **TALK TO FAMILY BEFORE SECONDS:** Enjoy the company around you and have a couple conversations before going back for more food. This will give your body time to tell you that you are fuller than you think you are. There will be plenty of leftovers for you to eat over the next week so you will not be missing out.

This institution is an equal opportunity employer.



What do we get to try this month?

Delicious and Nutritious!

- Orach
- Turnip
- Dragon Fruit
- Mizuna
- Kiwi
- Fennel Root
- Grape Fruit
- Brown Figs

Menu items subject to change based on availability.

### Roasted Fennel and Brussel

#### Sprouts

Serves: 4 People

#### Ingredients

- 1 lb Brussel Sprouts, cut in quarters
- 1 Fennel Root, sliced thin
- 4 cloves of Garlic, minced
- ½ cup Toasted Almonds
- ½ cup Parmesan Cheese
- ½ cup Olive Oil
- ¼ cup Lemon Juice
- Salt and Pepper, use as needed

#### Instructions

- Preheat the oven to 400°F
- In a large mixing bowl toss together brussel sprouts, fennel, garlic, olive oil and salt and pepper
- Put this mix on a sheet tray and roast in the oven for 12-16 minutes or until browned and crispy
- Once you take the sprouts out of the oven top them with the lemon juice, roasted almonds and parmesan cheese
- Dish up and enjoy!