

Fall 2015: Nutrition Newsletter

Reinventing Vegetables

According to the USDA and the “Fruits and Vegetables: More Matters” campaign, adults over thirty should be consuming 4-5 cups of fruits and vegetables per day with at least 2.5-3 cups coming from vegetables. Sadly, the average American consumes less than 2 cups of fruits *and* vegetables every day with the main location of vegetable intake being at dinner. Vegetables provide us with multiple essential vitamins and minerals and help us stay fuller longer due to their high fiber content. Below are some new ideas to “reinvent” your vegetables and ensure they are consumed at every meal during the day.

Cauliflower: High in vitamin C, fiber and folate and very low in total carbohydrates, cauliflower is a versatile vegetable that can be used in a multitude of ways. Cauliflower is a cruciferous vegetable and is being studied for its possible role in reducing cancer risk.



- ❖ New Ideas: Cauliflower is a very versatile ingredient. Try adding it as filler in meatballs or steam it and use a fork to mash it into “rice”. You can also add it to a food processor with milk and a little cheese to make cauliflower “mashed potatoes”.
- ❖ A recipe for *cauliflower pizza crust* is on the back. This low-carb recipe is a way to make a normally decadent food very healthy.

Zucchini Squash: Containing more potassium than a banana, zucchinis have long since been touted for their beneficial role in preventing heart disease, and coming in at only 19 calories per cup, they make a great side dish to any meal.



- ❖ Zucchini makes an excellent substitute for pasta. You can use a spiral vegetable slicer to make zucchini noodles and top with tomato sauce and turkey meatballs or pesto and chicken.
- ❖ Zucchini can also be hollowed out and stuffed with different fillers like hummus or meat sauce to make “zucchini boats”. Bake in the oven for a very fun spin on stuffed pasta.

Sweet Potato: Known for their high dose of Vitamin A, sweet potatoes also contain a compound known as “resistance starch” which has been shown to promote the growth of healthy gut microbes in the large intestine. This low-glycemic food also provides potassium, vitamin C, calcium and iron and is easy to batch cook on the weekends and eat throughout the week.



- ❖ Slice sweet potato roughly 1 inch thick and bake in a 425 degree oven for roughly 10 minutes per side. Once done use two slices as slider “buns” for 1-2oz turkey or lean beef burgers
- ❖ Sweet potato makes a great addition to smoothies! Add 1cup of sweet potato (cooked) with 1T almond butter, ½ cup of almond milk with ginger, cinnamon and nutmeg for a perfect afternoon pick me up.

Cauliflower Pizza Crust

Recipe from: <http://ifoodreal.com/cauliflower-pizza-crust-recipe/>

Ingredients:

- 1 head of cauliflower: Roughly 7-8" wide
- 1 large egg
- ½ cup of parmesan or mozzarella cheese, grated or shredded & not packed
- 1tsp. of Italian herb seasoning
- ¼ tsp. salt
- ½ tsp. of finely ground black pepper



Directions:

- Preheat the oven to 375 degrees and line round baking pizza baking sheet with parchment paper
- Rinse the cauliflower and remove the outer leaves and separate into florets with a paring knife. Place the cauliflower florets in a food processor and process until "rice" texture. Some course chunks are fine
- Place on prepared baking sheet and bake for 15 minutes
- Remove the cooked cauliflower from the oven and transfer to a bowl lined with a double/ triple layered cheesecloth.
- Squeeze the liquid out of the ball, cauliflower inside the cheesecloth, as hard as you can. Be patient and do this a few times until barely any liquid comes out.
- Increase the oven temperature to 450 degrees. Transfer cauliflower into a mixing bowl along with egg, cheese, herb seasoning, salt and black pepper and mix to combine. Transfer cauliflower mixture onto the same baking sheet you used to roast the florets (swap out the parchment paper if it got soggy from the initial use) and flatten with your hands until thin pizza crust forms.
- Bake for 15-20 minutes and remove from the oven
- Top with your favorite toppings and bake again until the cheese on top turns golden brown.
- Slice and Enjoy!!!

Nutritional Information

(Crust Only, No Toppings)

Serving Size: 1 slice (recipe makes 8 slices)

Calories: 63.7kcal// Total Fat: 2.7g// Total Carbohydrates: 5.7g// Fiber: 2.6g// Protein 5.5g

