

# 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 Deanna St. Pierre, MS, RD and Interim General Manager from Holyoke Public Schools in Massachusetts.

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## Lean Protein



### SEEN IN YOUR SCHOOL LUNCH

School meals are loaded with great sources of lean proteins such as chicken, turkey, lean beef products and meat alternative products like yogurt, cheese, beans and vegetarian-curated items like burgers and hummus.

The USDA has a saturated and total fat restriction that have been added to best support heart health for our students. Our Sodexo Nutrition Team works hard to ensure that meals offered provide lean protein options daily and promote optimal health.

### LEAN PROTEIN FACTS

1. There are many sources for lean proteins. These sources include: Fish, Plain Greek Yogurt, Beans, Peas, Lentils, White Meat Poultry (Chicken, Turkey), Lean Beef, Egg Whites, and Low Fat Milk.
2. Lean Proteins help keep your body full and provide health benefits such as weight maintenance.
3. Protein is one of the three macronutrients. It helps our body's repair system work optimally while ensuring we remain within healthy limits for fat and calories.
4. Protein from plant sources such as tofu, lentils, and chickpeas have the added benefit of fiber.

### FROM YOUR FARMER

During the month of November items like Apples, Broccoli, Beets, Celery, Chard, Cranberries, Garlic, Grapes, Lettuce and Bell Peppers are in season and can be locally sourced! You can support your community by buying local!

### RECIPE OF THE MONTH GROUND TURKEY RICE BOWL



#### Ingredients:

- ½ pound Ground Turkey
- 1 cup Minute Brown Rice
- 1 cup Water
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Ground Black Pepper
- 1 TBSP Olive Oil
- 1 cup Frozen Mixed Vegetables

#### Directions:

- 1.) Defrost Ground Turkey and place a sauté pan on the stove. Put 1 tsp Olive Oil in pan to heat up.
- 2.) Place Ground Turkey in sauté pan and cook on medium until it reaches temperature of 165 degrees Fahrenheit. Season with 1 tsp Garlic Powder, 1 tsp Onion Powder, and 1 tsp Ground Black Pepper. Place in bowl aside.
- 3.) Place Frozen Mixed Vegetables in Microwave and heat per package instructions. Once heated wait until cooled and drain excess water. Mix with Ground Turkey in bowl.
- 4.) Boil 1 cup of Water with 1 cup of Brown Rice and allow 10 minutes to cook until water dissolved.
- 5.) Since all ingredients are prepared mix together Brown Rice, Mixed Vegetables, and Ground Turkey in bowl.
- 6.) Plate mixture and garnish with parsley if desired.

### HEALTHFUL HINTS

Bored at home? Skip out on excess snacking or taking too much time behind a screen by trying these helpful ideas. **Gardening** - try planting herbs indoors to spice up meals at home. **Cooking** - there are many free, healthy recipes online, try out some recipes from around the world. **Reading** - this is a great way to peak new interests, develop new skills or just another way to relax.



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