










# nutrition january news

## satisfy your snack craving

When hunger strikes, there is a savvy snack to match your appetite. Try one of these:

what you want	what you need	what to eat	
A salty, crunchy snack	An unprocessed & nutrient-rich nosh	Smoked almonds 	OR Roasted pumpkin seeds 
A little something sweet	Fruit with a bit extra	Tangerines w/ vanilla yogurt 	OR Dried cherries w/ dark chocolate 
A mid-morning pick-me-up snack	A high-volume, low-calorie snack	Seedless grapes 	OR Frozen banana 
A snack to quell hunger before eating out	A fiber- and protein-packed option	Steamed edamame 	OR Cup of lentil soup 
A pre-workout energy boost	Complex carbohydrates paired with protein	Banana slices w/ peanut butter or almond butter 	

## january observances

Fruit Cake Toss Day (3rd) • National Spaghetti Day (4th) • National Bean Day (5th) • Apricot Day (9th) •  
National Fresh Squeezed Juice Day (15th) • National Popcorn Day (19th) • Cheese Lover's Day (20th) • National Granola Bar Day (21st) •  
Rid the World of Fad Diets and Gimmicks Day (22nd) • National Pie Day (23rd) • National Peanut Butter Day (24th) •  
National Registered Dietitian Day (25th) • National Corn Chip Day (29th)

National Folic Acid Awareness Week (6th-12th) • National Fresh Squeezed Juice Week (17th-23rd) • Salt Awareness Week (27th-2nd)

Oatmeal Month • Hot Tea Month • Soup Month • Wheat Bread Month • Fiber Focus Month •  
Apricot Month • Artichoke Month • Asparagus Month • Tubers and Dried Fruit Month

### healthful tips!



**Lunch box all-star.** Mix last night's chicken with lemon juice and a bit of healthy-type fat mayo or plain fat-free yogurt. Toss with tomatoes, cucumbers, green onions, and mint, and finish with freshly cracked black pepper.



**Good to know.** A diet high in magnesium may help lower your risk of heart disease by 22 percent, and spinach is a great source. Get your fix and whip up a spinach salad.



**Winning combo.** About 90 percent of people who've lost weight and kept it off paired diet with exercise. Why not work with your club's registered dietitian and wellness expert for a well-rounded program!

## healthful Q&A:

**Q: My salad greens are limp. How can I perk them up?**

**A:** Place wilted greens in a large bowl and fill with ice water to completely cover the lettuce. Let sit for 15 to 20 minutes until lettuce is crisp. Drain off all water and spin dry using a salad spinner. Eat right away or cover and chill lettuce until ready to use. This can work for most herbs, too.



### In season, in Georgia...

Brussels sprouts • cabbage • carrots • celery • chard • collard greens • kale • leeks • spinach • sweet potatoes • turnips

## seasonal recipes

Corporate Sports Unlimited, Inc. is proud to partner with Good Measure Meals to provide professional nutrition services to help you achieve your best self. Each month, we will feature a seasonal recipe created, endorsed and approved by the Good Measure Meals Registered Dietitians.

### farro and roasted sweet potatoes

Yields: 6-8 servings.

- |   |   |
|---|---|
| 1 cup farro, rinsed and drained               | 4 tablespoons extra virgin olive oil, divided |
| 1 teaspoon sea salt                           | 1 tablespoon balsamic vinegar                 |
| 4 cups water                                  | 1 cup walnuts, toasted                        |
| 3 cups sweet potatoes, cut into 1/2 inch dice | 1/4 teaspoon freshly ground black pepper      |
| 1 large onion, quartered                      | 1/4 cup goat cheese, crumbled                 |

Preheat oven to 400°F.

Combine farro, salt and water in a large, heavy saucepan over medium heat. Cover and simmer, stirring occasionally, until farro is tender, about 45 minutes to an hour (or half the time if you are using semi-pearled farro). Taste often as it is cooking—you want it to be toothsome and retain structure. Remove from heat and drain any excess water. Set aside.

While farro is cooking, toss sweet potatoes and onion with olive oil, balsamic vinegar and a couple big pinches of salt on a parchment lined baking sheet. Arrange in a single layer and place in the oven for about 30 minutes. Toss sweet potatoes and onions every 5-7 minutes to get browning on multiple sides. Remove from oven, let cool and chop the onions into bite size pieces.

In a large bowl gently toss cooked farro, roasted vegetables and walnuts with remaining olive oil. Taste and add a bit of salt if necessary. Serve garnished with goat cheese.

Nutrition Facts Per serving: Calories: 310; Total Fat: 18g; Saturated Fat: 3g; Protein: 8g; Carbohydrate: 32g; Sodium: 38mg

Recipe developed by Good Measure Meals Registered Dietitian and Culinary Specialist, Ashley Ritchie.

