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**FOOD SAFETY TIP**

Try cooking in big batches and storing some in the freezer for later use. Make sure you defrost leftovers safely—either in the fridge, under running cold water, or in the microwave (and then cook immediately).



**Meal Prep Tips**

Meal prep is batch cooking a few foods so you can use them in dishes later on. Doing some of the work ahead of time allows you to put together a tasty, healthy meal on a weeknight when you're short on time and may be tempted to order out.

Here are a few tips to get the most out of meal prep:

- Meal prepping doesn't need to mean that you eat the same meal every day of the week. Prepare ingredients separately so you can use them in different ways throughout the week. If you cook up a big stir fry, it can only be stir fry. If you had cooked the components separately, a pot of rice, some sautéed veggies, roasted shrimp, you could then mix and match them with other ingredients to get many types of meals.
- Make sure you have dressings, condiments, or spices to keep your simple ingredients feeling fresh. You can use roasted shrimp in a pasta dish with some herbs or the same shrimp in tacos with spice and garlic.
- You don't need to immediately cook the food you meal prep. Having vegetables already cut to size or meat that's already been trimmed will reduce the time it takes to put a meal on the table.
- Here are some easy foods to prep and keep on hand: hardboiled eggs, cut-up fruit, cooked rice or quinoa, and roasted, steamed, or sautéed vegetables.



**Meal Prep Food Safety**

- Make sure your batched cooked foods reach the right internal temperature. To be sure, use a food thermometer. This is especially important for meal prep because you'll be storing the food, giving any bacteria time to grow.
- When you make a huge batch of anything, don't leave it to cool down on the counter or fridge in a massive container. You want food to cool quickly. Split the food into smaller containers and put it right into the fridge or freezer.
- Try to label and date containers. Then you won't have to guess if something is old (or what it is).
- As always, keep raw and cooked foods separate to prevent cross-contamination.
- Put a thermometer in your fridge to make sure it's between 33° and 41° F.
- If you follow the above tips, your leftovers should last for 6-7 days. If you won't use them in that time, freeze them.
- When you reheat leftovers, make sure they reach 165° F.



## Sheet Pan Chicken and Root Vegetables

This one pan meal is perfect for meal prep. Roast the chicken and veggies early in the week and add them to salads, rice, or pasta for brand new meals.

### Ingredients:

- 2 tablespoons olive oil
- Zest of one lemon (grate on a microplane or grater and reserve juice for other recipes)
- 2 teaspoons Italian seasoning (or poultry seasoning or other spice or herb blend)
- 1/2 teaspoon salt (omit or reduce if spice blend includes salt)
- 1/4 teaspoon ground black pepper
- 2 pounds mixed chicken parts bone-in (drumsticks, legs, thighs, and/or breasts)
- 4 medium russet potatoes, cut into 2-inch pieces
- 1 pound carrots, cut into 2-inch pieces
- 8 cloves garlic, peeled

### Directions:

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil or parchment paper (you can also use a bare sheet pan if you prefer).
2. In a small bowl, stir together olive oil, lemon zest, seasoning, salt, and pepper.
3. Spread out the chicken, potatoes, carrots and garlic on the sheet pan, then drizzle the oil mixture evenly over the chicken and potatoes.
4. Using your hands or a pair of tongs, flip and move the chicken and potatoes around until they are evenly coated. Put the chicken skin side up.
5. Place the sheet pan on the middle rack of the oven, and roast for 25 to 30 minutes or until chicken reaches 165F. If the skin isn't crispy enough, put the tray under the broiler for a few minutes.

*Yield: 8 servings*

*Recipe adopted from The Kitchn*



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### Recipe Facts

Amount Per Serving	
Calories 395	Calories from Fat 198
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 10g	
Cholesterol 111mg	37%
Sodium 283mg	12%
Potassium 882mg	25%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 22g	44%
Vitamin A	56%
Vitamin C	16%
Vitamin D	0%
Calcium	5%
Iron	13%

\* Percent Daily Values are based on a 2000 calorie diet.

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## What Can You Do With ... Citrus?

**Choosing:** Choose citrus with firm, blemish free skin. Heavier fruit tends to have more juice.

**Storing:** Citrus fruit tastes best when stored at room temperature. If you bring home a large bag, store them in the fridge and pull some out a day or two before you think you'll eat them.

**Uses:** Some citrus fruits, like oranges, clementines, and mandarins, are great for eating on their own. Others like lemons and limes tend to be better as ingredients in dishes. Try squeezing over a favorite fish dish or into a salad dressing for a pop of flavor. Slices of citrus are great snacks for kids or on top of a salad. Try adding a bit of citrus juice to water or seltzer water for a tasty beverage that isn't loaded with sugar.

**Nutrition:** Citrus fruit is well known for being packed with Vitamin C. Most citrus are also good sources of fiber, folate, and potassium. Fiber and potassium may support heart health.



## Spinach Power Salad with Mandarin Vinaigrette

### Ingredients:

- 1, 3-ounce container mandarin oranges, juice and fruit separated
- 2 tablespoons apple cider vinegar
- 1/4 cup olive oil
- 1 small onion, chopped
- 1 tablespoon spicy brown mustard
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 ounces chicken breast, boneless and skinless
- 5 ounces baby spinach
- 1 carrot, peeled and shredded
- 24 red grapes
- 1 1/2 ounces walnuts, chopped

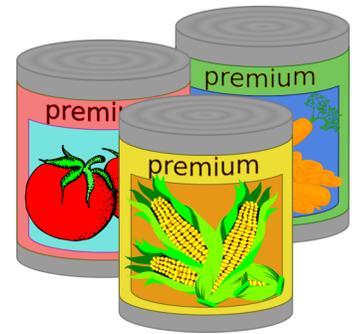
### Directions:

1. In a blender, combine juice, oil, vinegar, onion, both mustards, salt, and pepper. Pour into container with tight fitting lid.
2. Preheat the grill to medium-high. Grill the chicken, flipping once, for about 10 minutes total, or until cooked through. Chop into bite-sized pieces.
3. Divide the spinach among 4 bowls. Top each bowl with shredded carrots, grapes, chicken, mandarin oranges, and walnuts.
4. Shake the dressing to ensure it's mixed well and drizzle desired amount on top of salad. Enjoy!

Serves 4

# How to: Pick and Use Canned Goods

Canned goods often get a bad reputation. Admittedly, some canned goods are loaded with salt, sugar, and saturated fat. However, canned goods can also be a quick way to add vegetables or beans to your meals. In honor of Canned Food Month here are some tips for picking out healthier canned goods and using them.



- For canned vegetables and beans, look for low-sodium or no salt added options.
- For canned fruits, choose options that are packed in water or 100% juice.
- Rinse canned vegetables and beans before using them to reduce salt.
- Use canned beans for a quick way to add protein and fiber to dishes.
- In the winter, canned tomatoes usually taste better than fresh ones. Use them to make pasta sauce or chili.



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## February 2019

### National Canned Food Month

#### National Homemade Soup Day

February 4

#### National Almond Day

February 16

#### National Strawberry Day

February 27